



CELEBRATING 25 YEARS

News You Can Use

Comprehensive Services

- ◆ 100% Physician Only Injury Care
- ◆ Job-Related Injuries & Illness
- ◆ Physical Examinations
- ◆ DOT Mandated Services
- ◆ Medical Review Officers
- ◆ OSHA & MIOSHA Examinations
- ◆ Drug & Alcohol Screening
- ◆ HazMat Examinations
- ◆ Sports Medicine-Based Therapy
- ◆ Independent Medical Evaluation
- ◆ Hepatitis Immunizations
- ◆ Flu Vaccines
- ◆ Sports Medicine
- ◆ On-Site Services
- ◆ Laboratory Services

Healthy Employees Measure Success

For over 50 years, Employment Group (EG) has partnered with local and global Fortune 500 companies to provide staffing solutions and business services. Delivering quality staffing and managed service solutions includes recruiting, training, and placing measurably better permanent and temporary field associates in contract, administrative, professional, technical, and light industrial positions.

through various communities in random acts of kindness.

As every Michigan-based business knows, economic conditions have never been more challenging. Yet EG CEO Mark Lancaster maintains a positive approach by keeping his staff focused on a very disciplined strategy and plan for growth. "Our goal is to help match employers with 'good people' by using innovative methods and online

EG workers. "MED-1's physicians and staff provide superior communication and their online reporting is better than any other provider we have worked with. Pathways4 allows me to view and print visit documentation, drug screen results, and injury reports at my convenience," says Lisa.

MED-1's relationship with EG has endured over a decade of healthcare, productivity, and economic changes because a knowledgeable occupational healthcare partner is part of their solution to control costs and keep operations running smoothly. "MED-1 shares our drive for outstanding customer service and cost effective employee healthcare. Our patients are treated with respect and I receive the objective, qualified advice I need to reduce our liability and risk," says Lisa.

"We are already seeing signs of recovery," says Mark. EG will continue investing in activities to improve our staffing programs in preparation for growth and MED-1 is the ideal resource to support our goals to provide measurably better employees."



In 2008, EG placed over 6,000 workers in an environment of unprecedented employment decline. Despite a string of difficult years, EG outpaced the U.S. staffing industry's customer satisfaction ratings by more than 400%; they developed Bet on a Vet to promote military job placement; and were recently recognized for giving back to the communities they serve. EmploymentGroup has a strong, 50-year commitment to the communities that its employees live and work in, demonstrated by its 50th Anniversary celebration in 2008 as the company, through its employees, distributed \$50,000

applications to ensure our clients receive applicants who are best qualified professionally and the best fit culturally," says Mark.

Customer satisfaction is at the core of every EG interaction, including occupational health and safety for their workers. Lisa Westbrook, EG's Risk Manager, uses a proactive approach in working with employer companies. In addition to site inspections and a toll-free injury hotline, Lisa relies on MED-1 Occupational Health for timely and accurate communications regarding screening, exams, and injury care to support the safety of

News You Can Use is a regular publication provided by MED-1 Occupational Health System and is designed to provide information on occupational health issues.

For more information on any topics presented, contact:

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Or visit us on the web at:
www.med1services.com.

Occupational Health System

Personal Service...Professional Results

MED-1 Clinic Holiday Hours for Summer 2009

July 4th Weekend

Leonard

Breton

Holland

Friday, July 3rd

OPEN 24/7 * No Rechecks/Exams	CLOSED	CLOSED
OPEN 24/7 * No Rechecks/Exams	CLOSED	CLOSED

Saturday, July 4th *HOLIDAY*

Labor Day Weekend

Leonard

Breton

Holland

Monday, September 7th *HOLIDAY*

OPEN 24/7 * No Rechecks/Exams	CLOSED	CLOSED
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* Injury Care and Drug Screens.

Flu Prevention—Good Habits Can Help

Flu shots
provide 70%
to 100%
protection

The recent outbreak of the H1N1 flu virus has raised awareness and concern for pandemic preparedness. You can help prepare your organization to help lessen the impact should another similar situation arise.

Good health habits like covering coughs and washing hands can help stop the spread of germs and prevent respiratory illnesses like the flu.

If you haven't already—share these healthy habits with your employees.

1. **Avoid close contact** with people who are sick. Keep your distance from others when you are not feeling well.
2. **Stay home when you are sick** to prevent exposure for others.
3. **Cover your mouth and nose** with a tissue when coughing or sneezing.

4. **Wash your hands** often to protect from germs.
5. **Avoid touching your eyes, nose, or mouth** since germs are spread from these areas to your hands.
6. **Practice other good health habits** such as getting plenty of sleep, keeping physically active, managing stress, drinking plenty of fluids, and eating nutritious food.

As an employer, you know preventive healthcare is an important component in reducing absenteeism and loss of productivity.

If you are interested in providing flu vaccines to your employees, please call us as soon as possible to schedule your on-site flu clinic.

By offering flu vaccinations, you make the decision to provide a quick and easy way to increase benefits for both your company and your employees.

For additional information on flu prevention, please visit www.cdc.gov.

MED-1 will administer flu vaccine immunizations at your company site for:

- ✓ \$25/person
- ✓ Plus \$40/hour (7 am-5 pm)
\$45/hour (5 pm-7 am)
- ✓ Quantity discounts available

To schedule your flu vaccine clinic, contact:

Debbie Parrish
Leonard & Breton
616.459.1562

Shanna Beltman
Holland
616.494.8271 x576

Clinical Excellence: Worksite Wellness Programs Make Cents



Return-on-investment for worksite health promotion is over \$9 per employee due to reduced medical costs and absenteeism.

In these tough economic times, companies are focused on saving money by reducing unnecessary spending. Rising health care costs are a major concern for you and your employees. In 2008, U.S. health care costs exceeded \$2 trillion or 16% of the gross domestic product. Companies pay an average of \$9,312 per employee per year for healthcare, accounting for over 40% of total benefit costs.¹

Although your company may consider increased co-pays, higher deductibles, and switching providers, a more effective approach may be demand management. Wellness programs are a result of the shift to demand management which focuses on employee lifestyle and encourages a wiser health care consumer.

Why Wellness Programs?

Surveys confirm – only one in 20 adults consistently engage in regular exercise or healthy nutrition and most do not address risk factors such as smoking or obesity. Poor health affects not only your benefit costs, it increases the costs associated with absenteeism, productivity, and work-related injuries.

One major reason to consider wellness programs is that over 87% of health care claims costs are a result of employee lifestyle.²

Consider the return-on-investment for wellness services, both in real and indirect savings:

- ✓ Reduced absenteeism, lost time, on-the-job accidents, and health care costs;
- ✓ Decreased Worker's Compensation and disability costs;
- ✓ Increased productivity and job satisfaction;
- ✓ Creating a foundation for optimal employee health;
- ✓ Addressing 70% of preventable illnesses;
- ✓ Achieving significant costs savings for every \$1 invested; and,
- ✓ Enhanced recruitment and retention.

The American Institute for Preventative Medicine reviewed the scores of many studies on worksite wellness and found the ROI on worksite health promotion is over \$9 per employee due to reduced medical costs and absenteeism.

A Win-Win Proposition

Your employees are eager for information and advice about better health. Tying your programs to the costs of healthcare premiums especially gets their attention because many employees are more worried about paying for health care than they are about losing their job, terrorism, or stock market losses.

Getting Prepared for Credits

At least one mid-west state is already providing tax credits to companies that establish wellness programs for employees. And, the federal government is seriously looking at a Healthy Workforce Act that would offer a tax credit of up to \$200 per employee.

You can get started now by incorporating the four specific items required for eligibility:

- ✓ Health Risk Assessments (HRA's)
- ✓ Employee education
- ✓ Behavior management programs (e.g., smoking cessation)
- ✓ Participation incentives for employees (e.g., lower monthly premiums)

MED-1 can design an Employee Wellness Program for your company that includes HRA's or any other services. Our wellness services are performed by physicians, certified instructors, and technicians at our clinics or onsite at your facility.

For more information and details on MED-1 Wellness Services, contact Tammie Milligan at (616) 459-1570 or tmilligan@med1services.com or Mary Alice Ehrlich at (616) 459-1560 or maehrlich@med1services.com

¹ Towers Perrin 2008 Health Care Cost Survey

² Indiana University-Purdue University, Fort Wayne (IPFW) Study, 2006.



CELEBRATING 25 YEARS

Occupational Health System

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Fax: 616.459.2569
24/7/365 Injury Care & Drug Screens
Physicals: M-F 7 am-7 pm, Sat 8 am-Noon
Rechecks by Appointment

MED-1 Breton
4433 Breton Avenue SE
Kentwood, MI 49508
Phone: 616.281.6000
Fax: 616.281.6038
Services: M-F 7 am-6 pm
Physicals: M-F 7 am-5:30 pm
Rechecks by Appointment

MED-1 Holland
383 Garden Ave.
Holland, MI 49424
Phone: 616.494.8271
Fax: 616.494.8273
Services: M-F 7am-6 pm
Physicals: M-F 7 am-5:30 pm
Rechecks by Appointment

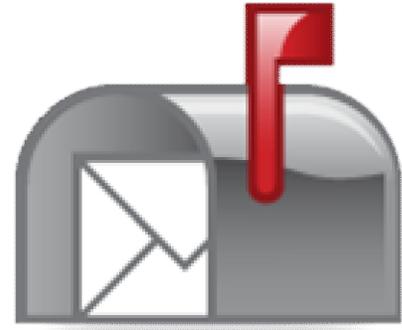
www.med1services.com

Timely Information and Updates by E-Mail

MED-1 is moving to electronic distribution of newsletters in 2009. We want to communicate with you more efficiently on all the topics to keep you up-to-date on occupational health care for your company. No more waiting for printed publications or wondering if your mailing was lost. And, e-mail saves paper to support "green" initiatives.

To receive News You Can Use newsletters and other timely updates from MED-1 by email, provide your e-mail information to:

Mary Alice Ehrlich
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616.459.1560



You've got mail!

MED-1 values your trust in us and we will never sell, trade, or give away your information to anyone without your permission.

MED-1 Spring Symposium Covered Important Healthcare Topics

Hope you were able to join us for the MED-1 8th Annual Spring Educational Symposium on Thursday, May 14th.

Our theme of "Covering Your Occupational Healthcare Needs" included topics on lower extremity injuries, recordables and substance abuse.



Measuring the Success of Occupational Health
Traumatic Lower Extremity Injuries
Understanding Recordables
Back Injury Case Discussion
Substance Abuse in the Workplace
Nearly three dozen West Michigan companies were represented and shared in a information-packed morning of interactive discussion. Here's what our attendees had to say about the event:

"All the speakers were great. Enjoyed the case scenarios the most."

"Looking forward to next year's symposium! Thank you."

"MED-1 Symposiums are always informative."

If you were not able to join us and would like information on any of the topics, contact Mary Alice at (616) 459-1560 or maehrlich@med1services.com.