



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
- ◆ Physical Therapy
- ◆ Independent Medical Evaluation
- ◆ Hepatitis Immunizations
- ◆ Flu Vaccines
- ◆ Sports Medicine
- ◆ On-Site Services
- ◆ Laboratory Services
- ◆ Wellness Services

A Smarter Vision for Healthcare

Although many West Michigan companies still feel the effects of the economic downturn, there is good news for a major lakeshore employer. Gentex Corp. is thrilled to ride the leading edge of the resurgence of the auto industry with record 2010 sales and the opening of a new facility. Over the past 12 months, Gentex added 400 hourly workers and plans to hire about 240 more in response to a 20 percent increase in production demand.

When it comes to automotive safety, Gentex has a smarter vision of advanced automotive and fire-protection safety products. Their popular Rear Camera Display and SmartBeam® mirrors help vehicle drivers see clearly. And a full line of advanced smoke detectors and signaling devices prevent business damage and loss.

Leslie Cammenga, Occupational Health Nurse, recalls how Gentex's decision to switch to MED-1 nearly five years ago supported their smarter vision. "MED-1's focus on occupational healthcare was a key selling point," says Leslie. "And, their investment into understanding our work environments through site visits and job analysis really impressed our management."

Gentex takes advantage of MED-1's full suite of services from injury care to substance screening. More than 2,900 employees in four Zeeland-based facilities could use MED-1 services, but with statistically low Workers

Compensation incident, recordable, and lost time rates, Gentex is pleased most employees never visit the MED-1 Holland clinic.



Corporate on-site services are also an important component of Gentex's promotion of health and safety. MED-1's corporate medical services are a convenient and effective option to control costs and keep your operations running smoothly. Dr. Julienne Little, MED-1

Medical Director, is on-site at least one day a week to assist with work related injuries, respiratory surveillance, and necessary DOT Medical Reserve Officer (MRO) follow up. "MED-1's corporate medical services provide us with effective injury care through effective case management and resolution," says Seth Bushouse, Human Resource Manager. "The added benefit to having MED-1 on-site is access to their experience in and assistance with worksite improvements and safety initiatives."

MED-1 medical management definitely fuels the partnership with Gentex. "We count on MED-1 physicians to get our employees back to work," says Leslie. "From determining whether injuries are work-related to consulting with specialists, they streamline the process for us."

Through the ups and downs of the economy, Gentex and MED-1's collaboration for health and safety has driven a successful relationship.

Occupational Health System

Personal Service...Professional Results

MED-1 Executive Receives Achievement Award



2009 recipient, Karen O'Hara, Sr VP/Editor for NAOHP, presented the award to Mary Alice Ehrlich, RN, BSN, MSA, MED-1 Exec VP.

Mary Alice Ehrlich, Executive Vice President of MED-1 Occupational Health System, is the 2010 recipient of the National Association of Occupational Health Professionals' (NAOHP) Professional Achievement Award. The award recognizes an individual who has made a significant contribution to the field of occupational health through innovation and persistence.

Mary Alice accepted the award at the 24th Annual RYAN Associates/NAOHP National Conference in Boston, MA.

"We want the award winner to embody the NAOHP's mission to support providers in order to improve and sustain the health of working populations," explains Karen O'Hara, Senior Vice President/Editor for RYAN Associates/NAOHP and 2009 award recipient. "Mary Alice richly deserves the award and her name will be added to the perpetual trophy."

Congratulations to Mary Alice and THANK YOU to all our employer companies for continuing to rely on MED-1 for quality solutions and customer service.

Flu is a serious contagious disease that can lead to hospitalization and even death.

Flu Season is here again!

It's that time of year when a simple cold can turn into debilitating influenza that rushes through your workplace.

The Centers for Disease Control (CDC) urge everyone to get a flu vaccine.

What else can you do? Take these everyday preventative actions to stop the spread of germs.

- ✓ Cover your nose and mouth when you cough or sneeze.
- ✓ Wash your hands often. Or use an alcohol-based hand rub.
- ✓ Avoid touching your eyes, nose, or mouth.
- ✓ If you are sick, stay home for at least 24 hours after your fever is gone.
- ✓ While sick, limit contact with others.

If you do get the flu, antiviral drugs can treat your illness. Antiviral drugs are different from antibiotics and are only available with a prescription. They can make illness milder, shorten the time you are sick, and prevent complications.

It is very important that antiviral drugs be used within the first 2 days of symptoms.

Flu-like symptoms include:

- ✓ Fever
- ✓ Cough
- ✓ Sore throat
- ✓ Runny or stuffy nose
- ✓ Body aches
- ✓ Headache
- ✓ Chills
- ✓ Fatigue
- ✓ Vomiting
- ✓ Diarrhea

Be sure to tell your healthcare provider if you have any severe (life-threatening) allergies. Allergic reactions to influenza vaccine are rare, but those with the following should be advised before receiving the vaccine:

1. Severe egg allergy
2. Severe reaction to previous vaccines
3. People who have had Guillain-Barre' Syndrome

If you are moderately or severely ill, you may want to wait until you recover before getting a flu vaccine.

For more information on flu prevention, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.

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:

Mary Alice Ehrlich
616.459.1560
maehrlich@med1services.com

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

Back injuries are cited as the most common reason for absenteeism in the general workforce after the common cold.

Clinical Excellence: Back Injury Prevention

Most working adults will experience back pain at some point in their life. In the United States, back disorders account for over 24 percent of all occupational injuries and illnesses involving days away from work, according to the National Institute of Occupational Safety and Health's (NIOSH). Although painful, 80-90% will recover in 6 weeks. However, nearly 60% will suffer a relapse and over 40% will have persistent symptoms.

What causes back injury?

- ✓ Healthcare industry workers are at the highest risk for back injuries. Some of the reasons include an aging workforce, sicker patients, staffing shortages, obesity, and stress due to organizational change.
- ✓ A single traumatic event, such as a slip and fall or a car accident.
- ✓ Older populations experience an increase in arthritis and disc degeneration leading to higher incidence.
- ✓ Being out of shape or overweight; having poor posture; bending, standing, sitting, or lifting improperly; tension, emotional problems or personal stress; pregnancy; tobacco smoking; poor physical condition; and sports or hobbies.

Occupational physical stresses also associated with the occurrence of back pain are:

- ✓ Heavy or frequent lifting;
- ✓ Whole body vibration (e.g., driving or operating a jackhammer);

- ✓ Prolonged or frequent bending or twisting; and,
- ✓ Postural stresses (e.g., high spinal loading or awkward postures).

The strongest known risk factor for developing back pain is a history of a previous episode. After the basic injury is treated, the employee returns to work and resumes many of their previous "bad habits" resulting in cumulative trauma to the spine and related structures.

Cumulative Trauma Disorders

Most work-related musculoskeletal injuries occur from cumulative injuries. For example, overexerting the spine by lifting things too heavy for the worker's back to support may cause micro-tears in the spinal disks. Because these small injuries do not cause pain, the employee is usually not aware the disk has been damaged. If not allowed to heal, the damage may build up and result in a bulging or ruptured disk, creating a cumulative injury marked by pain.

Develop a prevention program

The best offense is a good defense. Teaching proper lifting techniques and safe work practices can reduce the possibility of injury.

Watch for improper behavior and teach the correct lifting procedures through programs that emphasize:

- ✓ Health risks of improper lifting;
- ✓ Basic anatomy of the spine, muscles, and joints; and,
- ✓ Physical factors that contribute to an accident and how to avoid the unexpected.

Enforce the Techniques

Regular checks ensure safe work practices are used, but be sure to include standards in your workplace safety and injury prevention programs

Incent supervisors to control hazards and hold them accountable for employee training.

When injuries happen, get your occupational health professionals involved early.

Request a physical exam including a history exploring the mechanism of the injury. Document any recordable considerations.

Use the diagnosis to determine the course of treatment including considerations of:

- ✓ Physical therapy
- ✓ Medications
- ✓ Job site modifications
- ✓ Training

For more information ...

Review Occupational Safety and Health Administration's (OSHA's) information on Back Disorders and Injuries.

www.osha.gov

NIOSH provides information on developing lifting standards. www.cdc.gov/niosh

Contact MED-1 for assistance with back injuries, prevention programs, and effective treatment options.

MED-1 Spring 2011 Symposium

Save the Date
Thursday, May 5th

Mark your calendars and save the date for the MED-1 10th Annual Spring Educational Symposium on Thursday, May 5th.

The symposium will be held at the GVSU Eberhard Conference Center in downtown Grand Rapids.

We plan to celebrate a decade of providing educational events so please plan to attend.

As always, registration will include a continental breakfast; attendance at all presentations; and, free parking.

For more information or questions, contact Mary Alice at (616) 459-1560.



Count on Us for Injury Care During the Holidays!

Christmas

Friday December 24 *HOLIDAY*

Saturday, December 25 *HOLIDAY*

New Year's

Friday, December 31 *HOLIDAY*

Saturday, January 1 *HOLIDAY*

	Leonard	Breton	Holland
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED	CLOSED
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED	CLOSED
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED	CLOSED
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All our clinics resume regular hours on Monday, December 27th and Monday, January 3rd.

For more information or questions about our clinic holiday hours, contact Mary Alice Ehrlich at (616) 459-1560.

Before it's too late...



Schedule a MED-1 flu vaccine clinic at your facility, by contacting:

Debbie Parrish	Shanna Beltman
Leonard & Breton	Holland
616.459.1562	616.494.8271

This year's vaccine will include protection against H1N1 as well as two other viruses—H3N2 and influenza B.

MED-1 will administer flu vaccine immunizations at your company site for \$25/injection and NO hourly fee.



Occupational Health System

MED-1 Leonard
1140 Monroe Ave NW, Suite 150
Grand Rapids, MI 49503
Phone: 616.459.6331
Fax: 616.459.2569
24/7/365 Injury Care & Drug Screens
Physicals: M-F 7 am-7 pm, Sat 9 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

What's On Your Wish List for 2011?

As you look forward to the holiday season, what's on your wish list for occupational healthcare?

- ✓ Keeping your employees on the job.
- ✓ Receiving superior medical care.
- ✓ Controlling total case cost.
- ✓ Real-time, legible documentation.
- ✓ Proactive communication.
- ✓ 24/7/365 injury care.
- ✓ Health and wellness programs.

MED-1's promise to you is to provide



personal service and professional results that will light up your holiday season and continue throughout 2011 with quality medical care, superior customer

service, and innovative programs.

Healthcare services can be both costly and time consuming. Medical expenses, rising workers' compensation costs, lost productivity, and disability settlements all contribute to an eroding bottom line.

MED-1 is a knowledgeable occupational healthcare partner and part of a solution to control costs and keep operations running smoothly.

Nearly every occupational healthcare

provider can offer you the basic tinsel and trimmings, but MED-1 goes further to give you value with the best level of clinical quality and patient



satisfaction at the lowest possible cost.

Whether your company requires pre-employment exams and screening or industry regulations require employer compliance, choose from a full continuum of MED-1 services and wrap up a package just right for your company.



Why not join hundreds of West Michigan employers who choose and stay with MED-1 because of our:

Employer focus for over 25 years.
Web and Email reports real time, 24/7
Comprehensive services

- ✓ 100% physician-only injury care
- ✓ Screening, immunizations, and preventative programs
- ✓ Education and training
- ✓ Rehabilitation services
- ✓ Case management
- ✓ On-Site physical therapy
- ✓ Objective specialist referrals
- ✓ Medical surveillance assistance



As your occupational healthcare partner, we take pride in honoring and respecting each individual in delivering the highest quality medicine that, in turn, results in the most cost effective care.

**In this season of giving,
please accept our best wishes
for happy holidays and
a safe and healthy new year.**