



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

Happy Holidays from MED-1

In this holiday season, we would like to take the opportunity to thank all our employer companies for their support throughout 2011.

As we begin our 28th year of serving West Michigan, we pledge to continue providing the quality occupational health services you expect.

Join us in our goal to help you keep your employees safe and healthy with cost effective solutions.



*From each of us to each of you...
with every good wish for Happy
Holidays and a safe New Year.*

Occupational Health System

Personal Service...Professional Results

MED-1 Updates



Mary Alice Receives National Honor

Congratulations to Mary Alice Ehrlich as the recipient of the Dr. Ernest P. Chiodo Outstanding Nurse of the Year Award.

The award was presented to Mary Alice by the Michigan Association of Occupational Health Nurses (MAOHN) at their annual meeting.

Mary Alice also presented at the National Association of Occupational Health Professionals (NAOHP) annual conference celebrating 25 years of providing high-quality, cost-effective, revenue-generating services in changing healthcare environment. She co-presented information and advice for freestanding clinics including:

- ✓ Using independent status as a strategic advantage;
- ✓ Developing consistent operations across multiple clinic sites;
- ✓ Recruiting quality staff; and
- ✓ Providing promising product lines.

MED-1 Welcomes New Staff

Sue Kayner is our new Medical Revenue Analyst. She is a graduate of Cornerstone University and brings extensive experience in processing insurance claims, billing, coding, and financial analysis.

Sue can be reached at (616) 459-1563 or skayner@med1services.com with questions regarding billing.

Xiaojin Dickens joins MED-1 as a Business Analyst. She holds an M.B.A. in Business Administration and brings extensive experience in data management, information technology, and statistical analysis. Her skills will be put to good use supporting Pathways 4 and other MED-1 software systems.

Xiaojin (pronounced Show-Jin) can be reached at (616) 459-1578 or xdickens@med1services.com.

Creating a Workplace Culture Where Health Thrives

Save the Date MED-1 Spring Symposium

The MED-1 Spring Symposium is scheduled for **Thursday, May 24, 2012** and will be held at the Prince Conference Center at Calvin College.

You won't want to miss this annual event focused on presenting the latest occupational health topics.

This year, we welcome **L. Casey Chosewood, M.D.** as our featured speaker. Dr. Chosewood is the Senior Medical Officer for Total Worker Health™ at the National Institute for Occupational Safety and Health Centers for Disease Control and Prevention.

His presentation on *Creating a Workplace Culture Where Health Thrives* will describe the essential components of successful worksite health and wellness programs to create maximal health impact including powerful policy, real-life examples, and best practices for engaging and sustaining a healthy workplace culture.

Mark your calendars and plan to attend this information-packed morning event. More information will be coming soon!

If you have questions or would like to pre-register, contact Mary Alice at (616) 459-1560 or maehrich@med1services.com.

Clinical Excellence: Physical Therapy

80% of potential workplace injuries are due to worker habits and more than half are musculoskeletal in nature (sprains and strains).

Work related musculoskeletal injuries are not unlike sports injuries. However, work injuries such as muscle and joint sprains and strains or injuries from a fall are unique because the repetitiveness of job demands creates stress on the healing tissue.

Physical condition is sometimes a special challenge in the recovery from a work related injury. Issues influencing recovery include at risk behaviors, such as smoking and sedentary life styles. Obesity and age related problems, such as arthritis can also influence the rehabilitative process.

As an employer, you want to reduce the costs of work-related injuries by focusing on an integrated approach to treating illness and injuries covered under workers' compensation. The goal is to keep your workers on the job. When they cannot perform their job, modified duty programs maintain productivity until they return to their responsibilities.

When the physical demands for the job are high, it is important the physician and therapists are familiar with workplace injuries and the recovery process.

Physical therapy is often an important part in making a full recovery following an injury or surgical procedure. Physical therapists use exercise, for strengthening,

stretching, and other modalities to help rehabilitation.

The road to recovery through rehabilitation after an injury requires a relationship between the employee, the physician, the physical therapist, and the employer. When physical therapy is part of overall injury



treatment, an objective referral by a physician who has evaluated the injury is imperative. The occupational healthcare physician must get involved early and stay involved throughout the return-to-work process, from the initial injury to recovery.

MED-1's physical therapy services are specifically designed for patients with work-related injuries and focus on optimal recovery, functional improvement, awareness of body mechanics, and education in safe work practices.

Our staff has extensive experience in the rehabilitation of work-related musculoskeletal disorders and they are committed to helping patients work safer and wiser through Occupational Therapy (OT) and Physical Therapy (PT) services focused on:

- ✓ Modalities to relieve discomfort and reduce inflammation;
- ✓ Manual therapy including, Joint Mobilization, Muscle Energy Technique, Myofascial Release and Soft Tissue Mobilization;

- ✓ Specific rehabilitative techniques, such as a McKenzie approach, for optimal recovery;
- ✓ Fitness sessions for general and specific strengthening;
- ✓ Home exercise programs; and
- ✓ Individual and group education sessions on injury prevention (safe lifting, body mechanics, job site assessments).

The MED-1 team serves all our clinics with physical therapy services to rehabilitate and prevent injury by promoting methods to work safer and wiser.

As the employer company, you have access to a network of qualified specialists and physical therapists or you can designate a preferred resource.

For more information on MED-1's Physical Therapy services, contact Mary Alice Ehrlich at (616) 459-1560 or maehrllich@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

maehrllich@med1services.com

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



MED-1 Employer Advisory Boards Begin New Season

MED-1 Employer Advisory Boards meet regularly to identify and discuss issues and trends in occupational health and establish educational programs in an effort to improve the health and safety of our West Michigan workforce.

The meetings provide a forum for area employers to network, share updates, and give feedback on MED-1 services, program development, and upcoming events.

Representatives from 26 West Michigan businesses meet each month to exchange information through open dialogue on a variety of subjects.

If you are interested in MED-1 Employer Advisory Boards or have ideas on topics for discussion, contact Mary Alice.



“Advisory Board meetings are a win-win for our company and MED-1. The presentations by physicians and other occupational health care professionals are timely and provide important information.”

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 7 am-6 pm
Physicals: M-F 7 am-5:30 pm
Rechecks by Appointment

www.med1services.com

MED-1 Holiday Hours



Christmas

Saturday, December 24

Sunday, December 25 **HOLIDAY**

Monday, December 26 **OBSERVED**

New Year's

Saturday, December 31

Sunday, January 1 **HOLIDAY**

Monday, January 2 **OBSERVED**

Leonard	Breton	Holland
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED
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For more information or questions about clinic hours, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.