



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

American Seating Builds Health And Safety to Last

Next time you ride a bus, visit a school, or attend a sporting or entertainment event – you are likely to sit in an American Seating Company product. A landmark of the Northwest side of Grand Rapids, the company's reputation is built on over a century of engineering firsts and innovative product designs. A 126 year track record of providing quality products is based on adhering to their mission to constantly set and maintain the industry benchmark for durability, reliability and customer satisfaction.

The company employs about 450 people and has relied on MED-1 Occupational Health services to keep their workers healthy and productive for nearly three years.

As the Labor Relations and Plant Employment Manager, Roger Skorupski knows the challenges of a heavy manufacturing environment. "I chose MED-1 for our occupational health based on previous experience working with their team in a similar setting," says Roger. "I stay with MED-1 because of their convenient locations, professionalism, and response time."

American Seating takes advantage of a full range of MED-1 services. From pre-employment physicals to injury care, prevention, and screening – employees are treated with respect and a focus on maintaining productive work. Roger also has access to specialized services such as pulmonary function testing, audiograms, and physical therapy when the need arises.

"Our shuttle truck drivers must maintain

Department of Transportation (DOT) certification," adds Roger. "MED-1 provides the services we need through their consortium."

Roger appreciates the availability of a MED-1 physician on a 24/7/365 schedule to provide injured or ill workers the security of knowing their employer cares enough to provide around-the-clock care. And, he counts on MED-1 physicians to assess, document, and communicate each patient visit via MED-1 email reporting.

As an integral part of medical treatment, MED-1 physicians also help Roger apply employee medical information to workers' compensation issues, as well as return-to-work and transitional duty requirements. "MED-1 physicians and customer service contacts provide forthright and honest communication so I can make informed decisions for our workers," says Roger.

As a member of the MED-1 Employer Advisory Group, Roger stays connected with the community of West Michigan employers. "The opportunity to network and share challenges and successful practices with other health and safety professionals is very valuable," says Roger. "We also receive timely MED-1 service updates to address issues and trends in occupational health and work site safety."

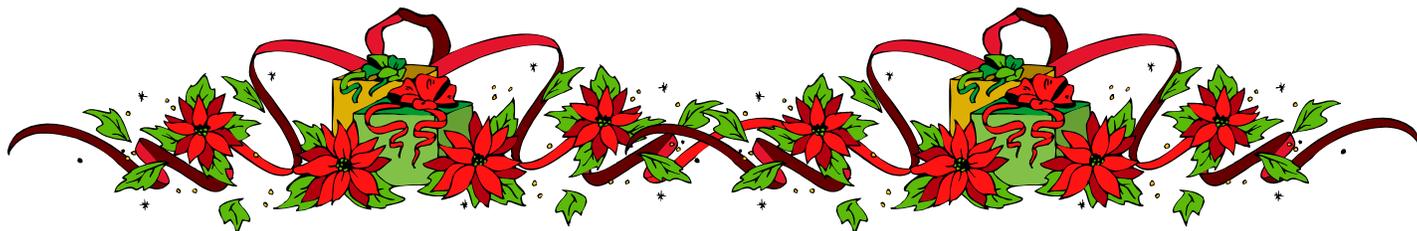
As American Seating begins their 126th year in business, they continue to take a lead role in delivering innovative seating products made in the U.S.A. MED-1 is proud to provide personal care and professional results for their occupational healthcare needs.



Occupational Health System

Personal Service...Professional Results

Count on Us for Injury Care During the Holidays!



Holiday	Leonard	Breton	Holland
Christmas Eve , Monday, December 24	Closing Early 7a-1p	Closing Early 7a-1p	Closing Early 7a-1p
Christmas Day , Tuesday, December 25	No Physicals or Rechecks Injury Care and Drug Screens Only	Closed	Closed
New Year's Eve , Monday, December 31	Closing Early 7a-1p	Closing Early 7a-1p	Closing Early 7a-1p
New Year's Day , Tuesday January 1	No Physicals or Rechecks Injury Care and Drug Screens Only	Closed	Closed

**All our clinics resume normal business hours on Wednesday, December 26th and January 2nd.
For more information or questions about our clinic holiday hours,
contact Mary Alice Ehrlich at (616) 459-1560.**

MED-1 Welcomes New Physicians



Steven E. Scranton, MD, MBA, ABA brings more than 25 years of broad experience in medical practice and an interest in healthcare education, quality, leadership development, organizational behavior, and research.

Dr. Scranton received his Doctor of Medicine from Wayne State University and a Master of Business Administration from the Michigan State University Eli Broad School of Management.

He is a member of the American College of Physician Executives, the Society for Ambulatory Medicine, and a diplomat for the American Board of Anesthesiology.

Welcome Dr. Scranton!

Ronald A. Stratton, DO joined MED-1 more than two years ago and recently increased his schedule to full time as a staff physician.

Dr. Stratton received his Doctor of Osteopathic Medicine from Michigan State University College of Osteopathic Medicine and completed his post graduate training in family practice.

He is a State of Michigan licensed physician and board eligible by the American Board of Family Medicine.

Welcome Dr. Stratton!

Clinical Excellence: Substance Abuse Update

MED-1 is in compliance with all of the rules for collection and review because our goal is to assist you in maintaining a safe and healthy workplace for your employees.

K2 or Spice and Bath Salts are impacting the workplace. What are these substances and what do you need to know to protect your company and employees?

Synthetic Marijuana

K2 and Spice are synthetic forms of marijuana consisting of a mixture of dried herbs and spices sprayed with chemicals. It is usually sold as dried leaves in a small bag labeled as incense, potpourri, or herbal smoking blend.

Since it was first sold legally at convenience stores, gas



stations, and head shops – it may be thought of as legal or a “safe” high. However, the dangers of use include elevated heart rate and blood pressure, drowsiness, agitation, hallucinations, seizures, tremors, vomiting, paranoia, and loss of physical control.



As of October 2010, seven artificial marijuana chemicals were made illegal in Michigan with penalties similar to marijuana possession.

Bath Salts

This designer drug causes severe side effects. In the fall of 2010, the Michigan Department of Community Health (MDCH) reported a surge of emergency department visits across the state related to recreational use of this drug by mostly young adults in their 20’s and 30’s.

Sold as crystalline powder in small bags, the product can contain MDPV (methylenedioxy pyrovalerone) or mephedrone (a Khat derivative). Side effects include



severe paranoia, violent behavior, hallucinations, chest pain, seizures, decreased need for sleep, lack of appetite, and self-mutilation. The symptoms can last for 2-3 days and some require long term psychiatric care. Bath salts with either MDPV or Khat ingredients are considered Schedule 1 illegal drugs in Michigan.

Promoting a Drug-Free Workplace

MED-1 Occupational Health System provides employers with substance testing in accordance with the regulations, procedural protocols, and safeguards for your company. Testing is conducted in full compliance with applicable Department of Transportation (DOT), Federal Highway Administration (FHWA), National Institute on Drug Abuse (NIDA), and Substance Abuse and Mental Health Services Administration (SAMHSA) policies and procedures to insure appropriate chain of custody, based on your request.

Whether your company requires screenings, exams, or your industry regulations require employer compliance, choose from a full spectrum of MED-1 services and design a program to meet your company and employee needs. For more information, contact Mary Alice Ehrlich at 616-459-1560 or maehrllich@med1services.com

More information on this topic is available from the Michigan Community Health hotline at 1-800-MI-TOXIC (668-6942), the Michigan Poison Control Center at 1-800-222-1222, or visit Michigan.gov/substanceabuseepi

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



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

Happy Holidays from MED-1

As you approach 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 2013 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.

Save the Dates—Upcoming Events

**MI Safety Conference
April 16-17, 2013**

**MED-1 Annual
Educational
Symposium
May 21, 2013**

Join MED-1 for the 2013 **Michigan Safety Conference April 16 and 17** at the DeVos Place in downtown Grand Rapids.

The event hosts over 3,000 safety, health, and environmental professionals seeking information on the latest techniques and equipment.

Dr. Julienne Little, MED-1 Medical Director, will be presenting on the topic of **The Injured Worker and the Associated Stress They Experience.**

Her presentation will cover several key areas related to the injury stress including peer pressure, supervisor response, inconvenience, pain and treatment, impact on their personal life, and potential loss of income.

More details on the conference are available at —
michigansafetyconference.org

Mark your calendars and save the date for the **MED-1 12th Annual Spring Educational Symposium on Tuesday, May 21st.**

The symposium will be held at the Prince Conference Center at Calvin College.

We plan a full morning 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.

