



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

*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](http://www.med1services.com).

## Grand Rapids City Workers are Healthy, Well-thy, and Wise

When it comes to the essential services provided by the City of Grand Rapids, “keeping city employees on the job” is a key consideration in choosing comprehensive employee healthcare. In 2008 – after a lengthy request-for-proposal process – MED-1 Occupational Health System was selected to provide physical exams, injury care, drug screening, and other necessary services for the nearly 2,000 City employees and seasonal workers.

Employment physicals are an important component of the City’s hiring process to help assess medical conditions that may affect an employee’s ability to safely perform his/her job responsibilities. Employment physicals also establish a baseline health status for medical and legal record keeping. MED-1 provides specialized examinations for City police and fire fighters each year. Depending on the requirements of the job, City workers may also receive Department of Transportation (DOT), respiratory, asbestos, and/or HAZMAT examinations.

Return-to-Work physicals are also part of the City’s injury management strategy, followed by any necessary referrals or physical therapy.

“We are very pleased with MED-1 services from an administrative and reporting perspective,” says Director of Human Resources, Mari Beth Jelks. The multiple reporting options are important to maintaining Workers’ Compensation reporting. “We receive a hard copy of each patient visit with details on work-related injuries and any necessary case management,” says Craig Coulson, City Risk Manager. Visit summaries are also available online and via email for additional reference. “We use MED-1’s online reporting to pull visit histories by employee or date to create departmental score cards for health and safety cost control initiatives,” says Craig.

“Our employees work at sites throughout the Grand Rapids metropolitan area and often on alternate shift schedules, so access to multiple MED-1 clinics and 24/7/365 care is an added benefit,” says Craig.

One of the key reasons the City of Grand Rapids transitioned their occupational healthcare from a previous provider was their desire for more proactive medical care. MED-1’s physician care model offered quality medical care and improved communication.

“The follow up calls from MED-1 physicians are consistent and valuable. It really shows they take responsibility to keep us informed on our employee care,” relates Mary Karcis, City Labor Relations Assistant.

Drug screening is another essential requirement of the City’s employment policies, and they rely on MED-1 to provide the proper regimen to comply with random, injury-related, and/or Department of Transportation (DOT) regulations.

Ken Deering, Labor Relations Specialist, appreciates MED-1’s diligence in providing screening details he needs for Medical Review Officer (MRO) evaluation.

As the county seat of Kent County, Michigan; the second largest city in the state; and, one of the principal cities in West Michigan – keeping city workers healthy and well-thy while in service of our community’s 200,000 residents requires a wise investment in occupational health services.

## Occupational Health System

**Personal Service...Professional Results**

## MED-1 Clinic Holiday Hours for Winter 2009



### Thanksgiving

Thursday, November 26

### Christmas

Thursday December 24

Friday, December 25 *HOLIDAY*

Saturday, December 26

### New Year's

Thursday, December 31

Friday, January 1 *HOLIDAY*

Saturday, January 2

Leonard	Breton	Holland
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED

OPEN 24/7 Injury Care & Drug Screens Rechecks/Exams 7am-4pm	7 am - 1 pm	7 am - 1 pm
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED
OPEN 24/7 Injury Care & Drug Screens No Rechecks/Exams	CLOSED	CLOSED

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## MED-1 Employer Advisory Boards

Did you know, MED-1 Employer Advisory Boards for Grand Rapids and Holland 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.
- ✓ To create a forum for area employers to network and provide MED-1 with feedback on:
  - Service needs and expectations
  - Program development
  - Feature enhancements

These meetings have been so successful, our advisory boards will gear up for a 10th season of regular meetings this fall

which includes an educational presentation and open dialogue on a variety of subjects such as:

- Drug screening in the workplace
- Workers' Compensation and Employer Responsibilities
- Rehabilitation strategies
- OSHA changes and regulations
- Injury management
- Violence in the workplace
- Repetitive trauma injuries
- Employee assistance programs
- And more...

If you are interested in MED-1 Advisory Boards or have ideas of topics for discussion, contact Mary Alice at 616-459-1560 or [maehrlich@med1services.com](mailto:maehrlich@med1services.com).

### Member Companies

Allen Extruders  
Amway Corporation  
Benteler Automotive  
Cascade Engineering  
City of Grand Rapids  
Freedom Village  
Gentex Corporation  
Gill Staffing  
Great Lakes Casting  
Haworth  
HJ Heinz  
Holland Hospital  
ITP—GRATA  
Kellogg's  
Maple Creek  
MI Turkey Producers  
Ottawa County  
Porter Hills  
Ridgeview Industries  
Ritsema Associates  
S Abraham & Sons  
Uniform Color  
Van's Delivery  
Ventura Ionia  
Wolverine Power  
Wolverine Worldwide

*MED-1 is dedicated to keeping our employer companies informed on all the issues important to occupational health care.*

## Clinical Excellence: H1N1 Flu Prevention

*Vaccines and good health habits are the best defense in preventing influenza.*

For additional information on flu prevention, please visit [www.cdc.gov](http://www.cdc.gov) or to find out what to do about the flu, visit [www.flu.gov](http://www.flu.gov).

Every flu season has the potential for an increase in illness, doctor's visits, hospitalizations and deaths. The Center's for Disease Control (CDC) is concerned the new H1N1 flu virus could result in a particularly severe flu season this year. A novel H1N1 vaccine is currently in production and may be ready for the public in the fall, but is not intended to replace the seasonal flu vaccine – it is intended to be used along-side seasonal flu vaccine.

CDC's Advisory Committee on Immunization Practices (ACIP) met recently to make recommendations on who should receive the new H1N1 vaccine when it becomes available.

- ✓ Pregnant women.
- ✓ Household contacts and caregivers for children younger than 6 months of age.
- ✓ Healthcare and emergency medical services personnel.
- ✓ Children from 6 months through 18 years of age because of close contact with each other in school and day care settings.
- ✓ Young adults 19 through 24 years of age because they often live, work, and study in close proximity, and they are a frequently mobile population.
- ✓ Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

The CDC does not expect a shortage of novel H1N1 vaccine, but availability and

demand can be unpredictable and there is some possibility that initially, the vaccine will be available in limited quantities.

You can help prepare your organization to help lessen the impact of a potential flu outbreak. 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. 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.

## Timely Information and Updates by E-Mail



You've got mail!

MED-1 has moved to electronic distribution of newsletters because 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

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



CELEBRATING 25 YEARS

#### Occupational Health System

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1140 Monroe Ave NW, Suite 150  
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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](http://www.med1services.com)

## MED-1 News You Can Use

### Spring Symposium—Save the Date

Mark your calendars and save the date for the MED-1 9th Annual Spring Educational Symposium on Thursday, May 6th.

We know times are tough and your time is valuable, so we plan to make this a very productive event you won't want to miss.

Our symposium will be held at the Prince Conference Center at Calvin College on the East Beltline. Registration will include a continental breakfast; attendance at all presentations; and, parking.

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

### New Team Members

Dr. Richard Kramp joined the physician team and brings over 20 years of clinical, industry, and armed forces experience including board certification in Occupational Health and Environmental Medicine, Medical Review Officer, and Certified Independent Medical Examiner. Dr. Kramp's experience includes positions with the U.S. Army and Ford Motor Company. Most recently, he provided full occupational health care at the Memorial Occupational Medicine Center in Owosso, MI.

Jaya Neal will be providing Business Project Coordination as part of the marketing and administration team. She holds a Bachelor of Science, Public Health degree from the University of North Carolina-Chapel Hill. She joins us from Boston Healthcare Associates (GHA) where she conducted business development and reimbursement research.

Please join us in welcoming these two new team members as they serve your occupational healthcare needs.

### CardioCheck PA

MED-1 recently purchased new equipment to measure cholesterol, glucose, and triglycerides—all in a few minutes. We're excited to add this new efficiency to wellness screenings in our clinic or on-site at your company.

- ✓ Faster results
- ✓ Reduced lab delays and paperwork
- ✓ Less follow up calling

### Congratulation, Dr. Little!

Dr. Julienne Little recently celebrated 20 years of service with MED-1 Occupational Health System.



Dr. Little has been the Medical Director for MED-1 since 1989, providing clinical and on-site medical services for many West Michigan employers. She is a certified Medical Review Officer and has extensive expertise in medical management of occupational health injuries and illnesses.

Happy 20th Anniversary, Dr. Little!