



# 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

## Let's start a healthier year.

As a new year unfolds, our attention is focused on economic conditions, healthcare reform, and the containment of influenza. MED-1 shares your concerns and our goal is to deliver the highest value of occupational health services with clinical quality, service excellence, and cost control.

You can feel confident in your choice to rely on our services and as you make your wish-list for 2010, remember MED-1 goes beyond the usual.

Quality care and timely results are the foundation of MED-1's Professional Results. Our optimal service value results from:

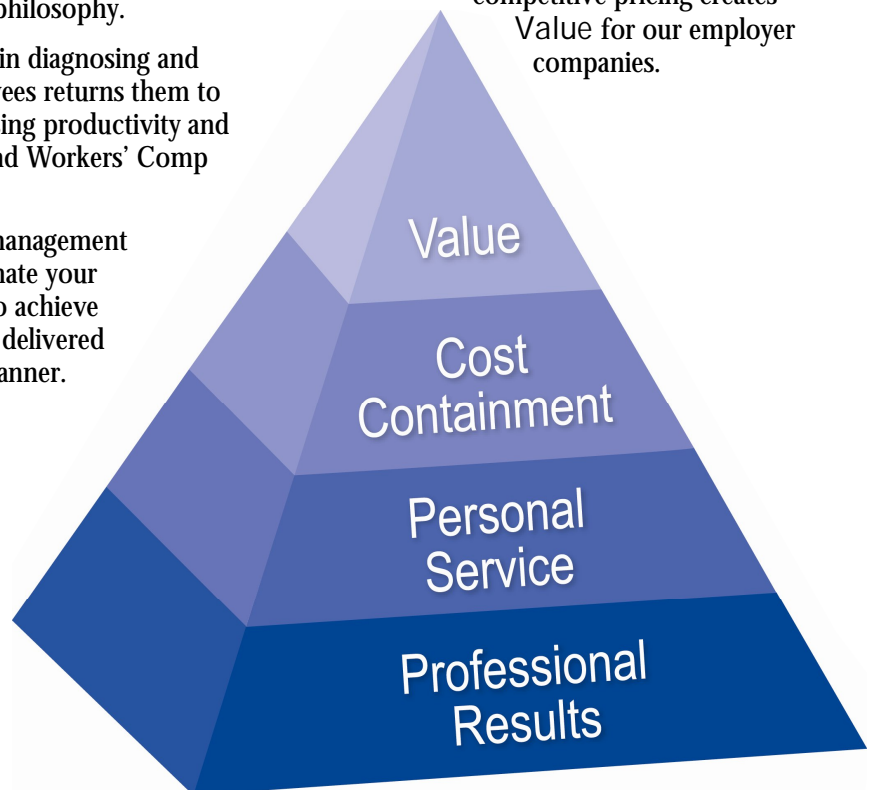
- Physician-only injury care is at the core of our service delivery philosophy.
- Accuracy and speed in diagnosing and treating your employees returns them to work sooner, increasing productivity and reducing lost time and Workers' Comp costs.
- Customizable case management services help coordinate your healthcare services to achieve optimal, quality care delivered in a cost-effective manner.

The MED-1 difference is Personal Service.

- Our physicians provide phone consultations on all injury cases.
- Visit documentation, drug screen results, injury reports and other information is available via email or on-demand at our website.

MED-1 superior customer service facilitates Cost Containment with employer-focused occupational services supported by superior clinical management. Since preventing illness and injury is the best strategy, our wellness and surveillance services support your proactive strategies.

Quality care, customizable services, and competitive pricing creates Value for our employer companies.



**Occupational Health System**

**Personal Service...Professional Results**

## 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.

### 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, provide your e-mail information to:

Mary Alice Ehrlich  
maehrich@med1services.com  
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.*

### New MED-1 Physician

Bryan Buller, MD, recently joined the staff of physicians at MED-1. Dr. Buller comes to us from St. Mary's Health Care and most recently United Emergency Services. In addition, Dr. Buller has served in educational roles for both Michigan State University and Grand Valley State University.

Welcome Dr. Buller!



### Wellness @ Work

Because we see your employees every day, we know how important it is to communicate positive information about living a healthy lifestyle.

Wellness  
@Work

**Wellness Services Make Cents**

<p>Providing employees with wellness programs can help your company significantly reduce absenteeism, health costs, and on-the-job accidents. Wellness programs can provide the foundation for optimal employee health by encouraging the assessment of health risk, then motivating individuals to make improvements in their health and lifestyle.</p> <p>Did you know 70% of the illnesses requiring health care treatment are preventable?</p>	<p>For example, millions of Americans have some type of undetected cardiovascular disease or diabetes. Most people who develop hypertension don't know it unless their blood pressure is checked regularly. Likewise, high blood sugar and high cholesterol levels go unnoticed until a chronic disease becomes evident.</p> <p>Employee wellness programs reduce the costs of benefits and related disability and workers' compensation.</p>	<p>Recent statistics indicate large employer spends nearly \$10,000 per employee annually on health coverage, turnover, absences, disability, and worker's compensation. However, companies with employee health and productivity management initiatives were able to reduce the annual dollar spent by over 25%!</p>
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This is your opportunity to receive free periodic health tips to use in communications with your employees through bulletin board postings, employee meetings, and other opportunities to spread the word on topics such as:

- Cancer Prevention
- Diabetes Awareness
- Heart Health
- Nutrition
- Stress

To sign up to receive Wellness@Work email communications, contact Tammie Milligan at 616.459.1570 or [tmilligan@med1services.com](mailto:tmilligan@med1services.com).

### Medique Leadership Award

In recognition of her leadership abilities of initiative, motivation, productivity, creativity, and commitment, Mary Alice Ehrlich recently received the Medique Leadership Award.

The award also included a foundation grant presented at the American Occupational Health Conference (AOHC) of the American College of Occupational and Environmental Medicine (ACOEM) and a donation to the Association of Occupational Health Nurses (AAOHN) continuing education fund.

Congratulations, Mary Alice!



## Clinical Excellence: MED-1 vs. ER for Workplace Injuries

When to use the ER:

- ✓ Chest or abdominal pain
- ✓ Uncontrolled bleeding
- ✓ Sudden or severe pain
- ✓ Unconsciousness
- ✓ Coughing or vomiting blood
- ✓ Acute difficulty breathing
- ✓ Changes in vision, trouble talking
- ✓ Suicidal feelings

You might initially think the hospital emergency room is the best place to send your injured workers, but think again.

Hospital urgent care centers are overflowing with the uninsured public, often exhibiting contagious infections like the H1N1 virus. Your employees may receive more than medical care!



Although the ER is the right choice for critical injuries and life threatening situations, MED-1 occupational health physicians are trained to treat many workplace injuries more quickly and efficiently.

Our physicians treat the injury AND address the factors that may accompany the accident such as substance abuse, workplace hazards, and infection control. We also deal with the workers' compensation and related legal and regulatory issues often related to the incident. We get your employees back to work quickly with follow up care including physical therapy and specialist referrals when needed.

Even after an extended wait in the ER (averaging 4-6 hours), your employees may not receive the immediate or long term care needed. And, the follow up can create an administrative nightmare of costs, lost work time, and recordkeeping.

Wouldn't you rather send your injured workers to the experts in occupational injury care?

The Journal of the American Medical Association defines occupational medicine as "a specialty field of medicine concerned with the appraisal, maintenance, restoration, and improvement of the health of the worker through the application of the principles of preventive medicine, emergency medical care, rehabilitation, and environmental medicine".

The American College of Occupational and Environmental Medicine (ACOEM) requires the following competencies for MED-1 physicians:

- ✓ Clinical Occupational and Environmental Medicine
- ✓ OEM Related Law and Regulations
- ✓ Environmental Health
- ✓ Work Fitness and Disability Integration
- ✓ Toxicology
- ✓ Hazard Recognition, Evaluation and Control
- ✓ Disaster Preparedness and Emergency Management
- ✓ Health and Productivity
- ✓ Public Health, Surveillance, and Disease Prevention
- ✓ OEM Related Management and Administration

The bottom line is your employees will receive faster care, a more accurate diagnosis, and efficient follow up care when you choose MED-1 for your non-life threatening workplace injuries and illnesses.

Our physicians and clinical staff are specially trained in occupational medicine to understand the many nuances of work-related injury care and return-to-work issues. MED-1 also provides post-accident and post-injury substance abuse testing, which is a component of many companies' injury care protocols.

If you are not currently taking advantage of MED-1 injury care, give us a try. There is no contract needed and our physicians are available 24/7/365 at our Leonard clinic.

For more information on injury care at MED-1, contact Mary Alice Ehrlich at 616.459.1560 or [maehrlich@med1services.com](mailto: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](mailto:maehrlich@med1services.com)

Or visit us on the web at:  
[www.med1services.com](http://www.med1services.com).



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

## Flu Facts—Did You Know?

Each year in the United States, 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu-related complications, and; about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

### The 1918 Virus

The 2009 H1N1 flu is similar, in some respects, to the 1918 virus which caused the deaths of an estimated 50 million people worldwide. An unusual feature of the 1918 pandemic was a high death rate among healthy adults 15-34 years of age. In fact, the 1918 pandemic virus was so virulent and deadly among healthy adults that it lowered the average life expectancy in the United States by more than 10 years. The CDC is studying the 1918 virus to better understand pandemic flu viruses and to improve capacity to protect against future pandemic flu viruses.

### Colds vs. Flu

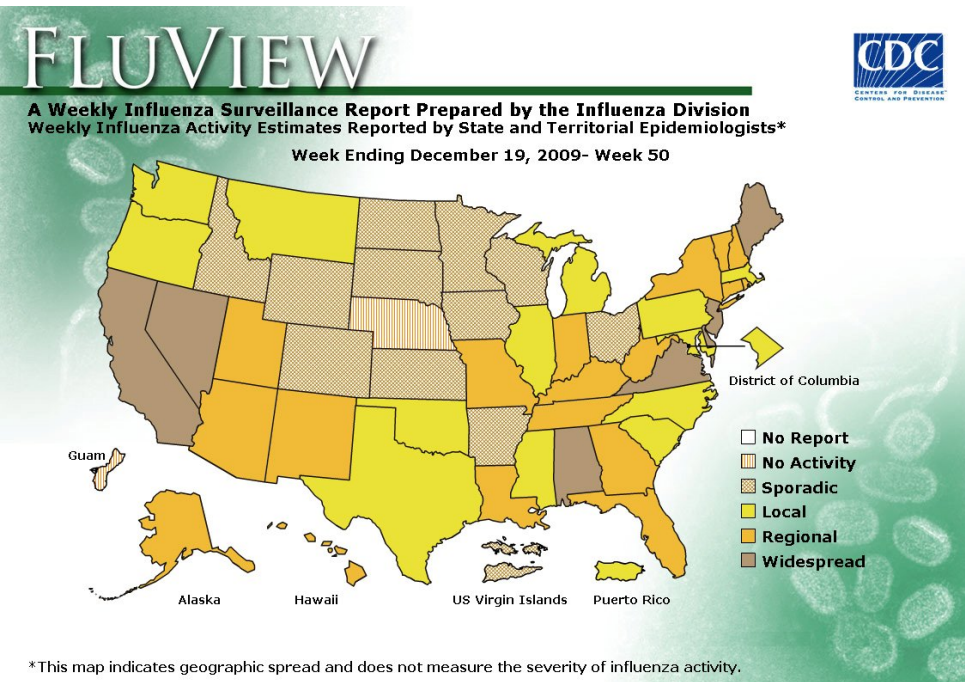
Because colds and flu share many symptoms, it is difficult to tell the difference based on symptoms alone.

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

### How it Spreads

The main way influenza viruses spread is from person to person in respiratory droplets of coughs and sneezes. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their mouth or nose before washing their hands.

Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. Children may pass the virus for longer than seven days. Symptoms start one to four days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Some persons can be infected with the flu virus but have no symptoms. During this time, those persons may still spread the virus to others.



Although flu activity is decreasing as of late December, the Centers for Disease Control (CDC) still recommends yearly vaccinations. Influenza outbreaks typically peak in January or later.

For more information on flu facts, visit [www.cdc.com/flu](http://www.cdc.com/flu) or [www.flu.gov](http://www.flu.gov).