



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

Life EMS Ambulance Responds With Skill and Compassion

In a serious or life-threatening emergency, dialing 911 could bring the experienced professionals from Life E.M.S. Ambulance. Since 1980, their highly-trained medical teams have responded to urgent medical needs with life-saving ambulances designed as mobile emergency rooms. Operationally, Life E.M.S. maintains a fleet of over sixty custom designed paramedic ambulances and they also provide wheelchair transportation services through their Mobility Division consisting of almost thirty specialty vans.

This life-saving team of more than 450 associates provides timely emergency care throughout West Michigan, serving over 3600 square miles throughout nine counties. Josh Thibault is the Director of Safety and Procurement and also a veteran paramedic with 17 years behind the wheel.

Nearly two years ago, Josh decided to look for a new occupational health resource with more cost effective and consistent care for their associates. "Commitment to the highest level of quality performance is something all our associates practice everyday," says Josh "And we look for healthcare providers with the same dedication to caring for our staff."

MED-1 Occupational Health Systems currently provides physical exams, injury care, and screenings for Life E.M.S. And although they are not legally mandated, their adherence to DOT regulations is supported by MED-1's full range of services for transportation companies. "I have been most impressed with the instant feedback I receive from MED-1 physicians and staff," says Josh. "The access to physicians and online reporting gives me the information I need to make timely decisions." Josh also turns to MED-1 physicians for proactive consultations and advice. And the web-based reporting provides a documented history of visits, treatment, and referrals.

"The availability of MED-1 physicians, combined with aggressive treatment, provides better resolution on open cases," says Josh, Life E.M.S.

Life E.M.S. incorporates the full spectrum of drug and substance screenings in their occupational health program and employs a zero tolerance policy. "Safety and insurability are key factors for our business," says Josh "so we test post-accident, post-injury, and randomly to ensure the safety of our team." MED-1 physicians are certified DOT medical examiners and provide services in compliance with all the latest mandates and protocols.

Because strains and sprains are a persistent hazard for paramedics, MED-1 physical therapy services are an important component in treatment and recovery. "MED-1 helped us incorporate a specialized agility program with more stringent methods," says Josh "The goal is better screening and when MED-1's therapists apply the techniques, we realize better results including a higher quality of employee health on the job."

Josh reports a positive response from associates on the care provided by MED-1. Judging from a ten-year history and national recognition as one of the Best and Brightest companies to work for, Life E.M.S. staff is pleased with the partnership for health and safety.

More than 30 years ago, Life E.M.S. started with three vehicles, a card table, a telephone, and a radio microphone. "We survived these small beginnings through perseverance and superior customer service," says Josh. "Choosing MED-1 as our resource for occupational health is an important part of our plans for growth because any success we achieve is a result of a dedicated and healthy team."

What can transportation companies do to lower the risks of employee injury?

Focus on Transportation

Transportation-related accidents top the charts according to the Bureau of Labor Statistics (www.bls.gov) which makes trucking, transport, and transit organizations of all kinds at high risk for on-the-job injury rates.

Substance abuse is shown to play a major part in transportation injuries and fatalities. As a result, the DOT institutes guidelines to regulate transportation providers including vehicle drivers (FMCSA). Although sometimes challenging, a proactive program of screening, intervention, and treatment is proven to reduce the occurrence of workplace substance

MED-1 can help you set up and administer an effective healthcare program to comply with DOT standards and provide you with comprehensive Occupational Health Services that include:

- ✓ Comprehensive and cost effective **certified DOT medical examiners**.
- ✓ **DOT drug screen programs** with certified physicians and staff.
- ✓ A true **physician-based organization** providing 24 hour/7 day per week injury care.
- ✓ **Treatment of your employees promptly** to get them back on the job.
- ✓ **Reporting** results in the same day, if possible.

You Should Know

Who must be tested?

The DOT requires pre-employment, random, post accident, reasonable suspicion/cause, and return-to-duty testing for employees of government-regulated organizations such as the FMCSA, FAA, FRA, FTA, RSPA, and USCG. Although the guidelines vary by organization, MED-1 screening procedures comply with all DOT requirements.

What are the test requirements?

As specified by the DOT, employees must be tested for alcohol, marijuana, cocaine, opiates, amphetamines, and phencyclidine (PCP). Employment applicants must receive pre-employment testing as a pre-qualification condition to hiring unless they participated in screening within the last 30 days.

Companies with DOT employees must have an established drug and alcohol-testing program to randomly test 50% of employees for drugs and 10% for alcohol.

For more information on DOT Workplace Drug and Alcohol Testing, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.



Clinical Excellence: DOT Substance Screening

MED-1 physicians are DOT Medical Examiner certified and listed on the National Registry.

Department of Transportation (DOT) drug and alcohol testing regulations require certification of collectors, breath alcohol technicians (BATs), medical review officers (MROs), and substance abuse professionals (SAPs) as well as training and continuing education for all providers.

What does this mean to you?

Make sure you understand how the rules affect your company and confirm your provider meets all the certification requirements.

Medical Certification. As of May 21, 2014, all drivers must obtain their medical examination from certified medical examiners listed on the National Registry database.

Training. MED-1 collectors complete eight (8) hours of qualification training (with five no error, collected tests). Our DOT professionals also complete refresher training every five years and continuing education as required.

Collection Process. MED-1 completes all specimens using DOT's specific quality standards. Any suspicion in the authenticity of the samples results in our collector requiring a specimen administered by a same-sex observer.

Our MED-1 **Medical Review Officers (MRO)** complete DOT training and certification to enable them to conduct a verification interview with an employee with drug positive results or

when the specimen is reported as adulterated or substituted.

Alcohol Testing. MED-1 technicians meet all the DOT requirements for collection and use of the DOT Breath Testing Forms.

Return-to-Duty Process. All positive tests and refusals to test require education and/or treatment as recommended by a certified MRO.

Other Issues. Employers are required to obtain drug and alcohol testing information from an applicant's previous employers. They (or their authorized representative) must also keep records up to five years, depending on the information, and submit annual management information systems reports to the DOT.



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

DOT Consortium

Many West Michigan employers and contractors choose MED-1 to provide DOT substance testing as part of a consortium.

MED-1 consortium companies develop and implement their organization's substance abuse policy, educate their drivers, and train supervisors as required. MED-1 provides testing services including:

- Random, pre-employment, post-accident, reasonable suspicion, return-to-work, and follow-up.
- Quarterly or bi-annual random selections equaling 50% annually for drug, 10% for alcohol.
- Individual Chain of Custody forms.
- Certified lab drug testing including initial screen and confirmation.
- 24-hour turn-around on negative test results.
- MRO services for DOT procedures.
- Quality control through "blind specimen" testing.
- Testing results maintained on file as required.
- Compliance reports provided as requested.
- Split specimen collections.

In you are interested in more details on the MED-1 DOT Consortium, contact Debbie Parrish at 616.459.1562 or dparrish@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

Best Practices in Occupational Medicine

MED-1 invites you to join us for our 13th annual educational symposium -

Tuesday, May 13, 2014

7:30 am—12:15 pm

Calvin College Prince Center

Registration and continental breakfast begin at 7:30 am and the program begins promptly at 8:00 am.

Our speakers and topics this year include:

The Latest Threats and Opportunities at the Intersection of Work and Health

by L. Casey Chosewood, MD, CDC

Why Grand Rapids is a Great Place for Business

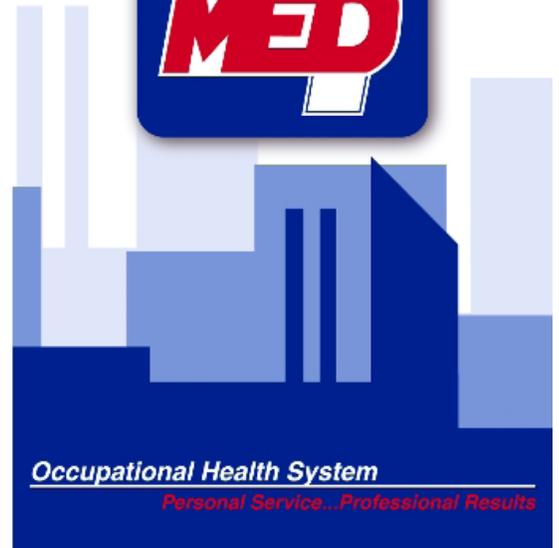
by Rick Baker, GR Chamber of Commerce

Infectious Diseases and Their Impact in the Workplace

by Brian Hartle, Kent County Health Department

Applying the Best Practices in Occupational Medicine to Injury Management

by Dr. Julienne Little, MED-1 Medical Director



Information and Registration

Cost is \$55 per person and includes breakfast, parking, and attendance at all sessions.

To RSVP, contact

Jean Entingh @ jentingh@med1services.com

MED-1 Summer Holiday

Memorial Day

Saturday, May 24th

Monday, May 26th HOLIDAY

Independence Day

Friday, July 4th HOLIDAY

Saturday, July 5th

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

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.

For more information or questions about our clinic hours, contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com