



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

Serving West Michigan for Over Thirty Years

This summer, MED-1 commemorated 30 years of providing quality occupational health care to hundreds of companies throughout West Michigan.



Celebrating 30 Years

Since the first Grand Haven-based clinic opened its doors in 1984, MED-1 built a growing business on a simple promise of — Personal Service and Professional Results.

Quality medical care, superior customer services, and innovative programs are the foundation in creating value for our employer companies with:

- ✓ 24/7/365 injury care at our Leonard clinic
- ✓ Superior, physician-based medical care
- ✓ Direct communication between employer and physician
- ✓ Total case cost control
- ✓ Online/email reporting
- ✓ Health and wellness programs
- ✓ Employer education, events, advisory boards

The MED-1 difference is our personalized service supported by superior clinical management with cost containment in mind.

And because we believe preventing illness and injury is the best strategy, our wellness and surveillance services supply employer companies proactive programs.

But don't take our word for it. Listen to what a few of our clients say.

Three Decades of Satisfied Clients

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

"MED-1 offers a full spectrum of services to support our safety goals. We receive good information, prompt response, clear instructions, and easy access to a clinic."
- **Freedom Village**

"MED-1 helped us deliver on our promise to take care of our people and provide quality products with low incident rates."
- **Hearthside Food Solutions**

"MED-1's aggressive treatment and unbiased referrals get our workers back on the job quicker."
- **Knap & Vogt**

"We won't send our employees to anyone else because we truly value the quick response of physicians on every injury and resolution of Workers' Comp cases."
- **ALTL**

"With MED-1 online reporting and physician communications, we have all we need to react to employee injuries or illnesses."
- **Ridgeview Industries**

"Our employees work at sites throughout the Grand Rapids metropolitan area, so access to multiple MED-1 clinics and 24/7/365 care is an added benefit."
- **City of Grand Rapids**

50% of Americans have one chronic health condition they bring to the workplace.

The Deadliest Workplace Threats

12 workers will die on the job today and 3.7 million will be injured this year, translating to billions in direct and indirect costs.

But the deadliest threats most workers face are not a factor of the workplace. At the intersection of home and work, overall health and lifestyle factors play a menacing role in employee health and safety. These threats top the list in determining the overall safety of our working population:

- ✓ Diet
- ✓ Smoking
- ✓ Noise
- ✓ Risk taking
- ✓ Pregnancy
- ✓ Stress
- ✓ Ergonomics
- ✓ Emergency preparedness
- ✓ Substance abuse
- ✓ Sleep deprivation
- ✓ Violence

Other demographics such as an aging workplace and these growing trends contribute to workplace threats:

- ✓ Diabetes has reached epidemic proportions
- ✓ A 30% obesity rate in Michigan
- ✓ 44% of U.S. workers reporting workplace stress

Total Worker Health Examples

- ✓ Respiratory protection programs that address tobacco use and smoking cessation.
- ✓ Ergonomic consultations that include arthritis management strategies.
- ✓ Stress management efforts that seek to diminish workplace stressors and build worker resiliency.
- ✓ Comprehensive screenings for work and non-work risks.

Does your workplace environment allow health to thrive? Does your company have policies to support a culture of health?

Dr. L. Casey Chosewood suggests Total Worker Health™ as a strategy to integrate occupational safety and health protection with health promotion to prevent worker injury and illness and to advance health and well-being.

The approach looks at workplace, employment, and worker issues to address total worker health.

The CDC Worksite Health ScoreCard is a tool designed to help employers assess and improve health promotion in their worksites. Cdc.gov/dhdsp/pubs/worksite_scorecard.htm

Visit the TWH website for more resources - Cdc.gov/niosh/TWH

Join the LinkedIn group at -

[Linkedin.com/groups/NIOSH-Total-Worker-Health-4473829/about](https://www.linkedin.com/groups/NIOSH-Total-Worker-Health-4473829/about)

Integrated Approach to Total Worker Health



Dr. L. Casey 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. This article is a brief recap of a presentation provided at the MED-1 Spring Symposium.

Adapted from: Liberty Mutual, 2010, Webinar, The Wellness-Work Comp Connection
Ron Goetzel, 2011, Examining the Value of Integrating Occupational Health and Safety and Health Promotion Programs in the Workplace, at <http://www.cdc.gov/niosh/docs/2012-146/pdfs/2012-146.pdf>

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

When to call an ambulance:

- ✓ Severe bleeding or blood loss
- ✓ Neck or spinal cord injuries
- ✓ Severe chest pain

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 where 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, 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?

MED-1 physicians are specially trained in occupational medicine to understand the many nuances of work-related injury care and return-to-work issues such as:

- ✓ 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.



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's 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.

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
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Or visit us on the web at:
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

Annual Symposium Focuses on Best Practices

Clients representing many companies throughout West Michigan joined MED-1 for our 13th annual educational symposium on May 13th. The featured speaker for the morning was Dr. L. Casey Chosewood, Senior Medical Office for Total Worker Health™ at the National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention. The highlights of his presentation on the **Latest Threats and Opportunities at the Intersection of Work and Health** are in an article provided on page 2.

Brian Hartl, Epidemiology Supervisor for the Kent County Health Department, provided a review of **Infectious Diseases and Their Impact in the Workplace** including blood borne pathogens and skin, respiratory, and gastrointestinal infections. He emphasized employers should keep risk in perspective by knowing the facts about transmission and following protection protocols.

Rick Baker, President and CEO of the Grand Rapids Chamber of Commerce, also provided details on **Why Grand Rapids is a Great Place for Business**.

Dr. Julianne Little, MED-1 Medical Director, gave an update on **Best Practices in Occupational Medicine** related to injury management including details on assessing the cause; identifying preventative measures based on patient demographic variables; and, medical management to enhance outcomes.

She used the injuries on a busy day at MED-1 as examples and engaged the attendees for input on how to establish valid work-related injuries.

If you would like more information on any of these topics, please contact Mary Alice Ehrlich at 616.459.1560 or maehrlich@med1services.com.



CerteDrive is a web-based application that makes the process of DOT certification completely electronic. Integrated clinical, company, and driver portals promote information sharing, communication, and compliance based on FMCSA regulations.

For more information, contact Jeff Gilliland at jeff@CerteDrive.com or 616.459.1566.

MED-1 Summer Holiday Hours

Labor Day
Saturday, August 30th

Monday, September 1st HOLIDAY

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

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