

Health Connections Occupational Health, Safety and Wellness is a full-service healthcare provider serving businesses and individuals of midcoast Maine.

Services Include:

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Employee Assistance Program (EAP)

The EAP is an assessment and referral program for employees who would like professional assistance in resolving personal or job-related problems.

The EAP staff assists individuals in getting to the source of a problem, then identifying what needs to be done to resolve it. A few key areas commonly addressed include:

Family problems • Parent/child conflicts • Alcohol and drug misuse/abuse
Marital/relationship • Job related stress • Eating disorders

On-site services

Health Connections understands how difficult and expensive it is to have your employees leave the worksite for specific services that can be performed on-site. Health Connections strives to accommodate our customers by providing services at the place of business, reducing costs and increasing efficiency. Many of our services can be provided at your work location, such as:

Nursing assessment and referral • Medical care management • Health screening
Audiometric and pulmonary function testing • Education and training
Flu shots • Immunizations • Blood draws • Ergonomic evaluation
VDT training • Blood pressure • Cholesterol testing • Body Mass Index (BMI)
Urine testing for glucose, blood and protein • Health fairs

Consultative Services

Health Connections staff have years of experience with helping the employer navigate the maze of regulations, standards and laws that must be considered when developing a comprehensive occupational health program or when working with the injured or ill worker.

- Workers' Compensation Act (first reports, working with your adjuster, return-to-work, etc.)
 - Family Medical Leave Act (FMLA) overview
- Americans with Disabilities Act (ADA) overview (including workplace accommodation.)
- Management training for drug and alcohol awareness and workplace drug testing programs
- Management training on how to identify and deal with the depressed or impaired worker
 - Ergonomic assessment and workplace job redesign/re-engineering
- Management training on how to deal with complaints of musculoskeletal disorders
 - Management and leadership development
 - Hearing conservation program development
 - Respiratory protection program development
- Blood-borne pathogen and biologic exposure prevention and training
 - Health promotion and disease prevention (wellness programs)
 - Violence in the workplace education and training
 - Employee Assistance Program (EAP)

Physical Therapy

We understand the critical role that timely and effective physical rehabilitation plays in the return-to-work process. Therefore, we employ a full-time licensed physical therapist who specializes in occupational health and workplace injury. Our in-clinic service offers evaluation and treatment of musculoskeletal injuries, consulting directly with our providers.

Advantages include:

- Same-day appointments for most injuries
- Evidence-based evaluation and treatment of injuries to the back, neck, shoulders, elbows, hips, knees, ankles, and feet
 - Evidence-based treatments, including therapeutic exercise, balance and proprioceptive training, manual therapy, electrical stimulation, ultrasound, body mechanics training and home programs
 - Coordinated workplace evaluations and functional testing
- An average of fewer than five visits per injury with proven positive outcomes at lower costs to the employer and reduced inconvenience to the employee (we will schedule physical therapy and provider appointments consecutively)

Physicals and Examinations

Health Connections provides a comprehensive list of physicals and examinations

Post Job Offer/ Pre-Placement Examination includes:

- A comprehensive medical history that includes previous injury/illness and pre-existing conditions.
 - Physical assessment of the neck, upper and lower extremities and back
- Vision testing, including depth perception, color discrimination and peripheral vision
 - Vital signs, including height and weight
- Focused exam based on the “essential physical functions” of a particular job

Additional features that may be added:

- Audiogram • Pulmonary function testing • Respiratory clearance evaluation
- Medical surveillance, which may include infectious disease assessment, lead testing and other necessary components
- Other individualized components based on the needs of the employer

Physical Examinations

Bus driver • DOT / CDL • Fit for duty • Fire fighter
Civil service • Merchant marine • Substance Abuse Professional (SAP) examinations
Non-occupational return-to-work • Diver • Sports

Education, Training, Health Promotion and Wellness

Health Connections provides a comprehensive list of education, training, health promotion and wellness opportunities for individuals or groups of any size. A healthy and well-informed workforce can prevent the overuse of healthcare services, reduce turnover, reduce absenteeism, and increase morale and productivity. Many of these services are offered at your worksite.

Programs Include:

Nutritional assessment and education • Health coaching • Disease management
Pre-diabetes assessment and management • Weight management
Stress management • Smoking cessation • Drug and alcohol awareness
Blood-borne pathogen training • Health fairs • General fitness
Lunch and learn (topic of choice) • Violence in the workplace
VDT training • Stretching and injury prevention • Others upon request

Ergonomic Assessment and Job Function Analysis

We believe in correcting a problem at its source, not in simply treating symptoms. This philosophy guides us to incorporate ergonomic modifications and corrections, both preventively and in an event of an injury. We work with you to provide cost-effective, proven ergonomic solutions to avoid recurrent injuries, reduce costs and reduce lost time due to injuries.

Our ergonomics services include:

- Workplace evaluations (injury-related and preventive)
 - Job task analysis for pre-placement screening
- Video Display Terminal (VDT) training – customized training such as back, neck and arm injury prevention programs
 - Preventative stretching and exercise programs
 - Functional testing

Testing and Evaluations

Health Connections provides the necessary prevention and periodic testing/evaluations that meet state and federal standards.

- Audiometric hearing tests (alone or as part of a hearing conservation program)
- Pulmonary function tests (alone or as part of a respiratory protection program)
 - Respiratory clearance evaluations to assess respirator use
 - Urine drug collection and testing
 - Breath alcohol testing (BAT)
 - Substance Abuse Professional (SAP) evaluations for positive drug tests
- Laboratory testing as part of medical surveillance (such as blood lead level) and post-vaccination antibody testing
- Needle-stick and blood-borne pathogen exposure evaluation and follow-up
 - PPD testing/screening for tuberculosis infection
- Travel medicine evaluation and immunization recommendations
 - Ergonomic/worksites analysis
 - Evaluation/screening for infectious disease
 - Mental health fitness for duty evaluations

Health Screenings and Services

Health Connections provides services to employers to help assure a healthy and productive workforce. Many of these services are provided on-site.

Blood pressure screening • Cholesterol (total and HDL)
Health Risk Assessments (HRA) • Smoking cessation • Nutritional assessments
EAP (Employee Assistance Program) • Stress management • Drug and alcohol counseling
Body Mass Index (BMI) • Urine testing for glucose, blood and protein
Hearing • Vision • Infectious disease • Others upon specific request

Medical Surveillance and Testing

• Hearing conservation • Lead and ZPP • Xylene • Formaldehyde
Ethylene oxide • Respiratory • Others upon request

Travel and Routine Immunizations

Immunizations and education are provided to both businesses and individuals in need of proper protection to vaccine preventable diseases.

Flu shots • Yellow fever • Traveler's diarrhea prevention and treatment
Malaria • Hepatitis A • Hepatitis B • Typhoid • Measles, mumps and rubella
Tetanus/diphtheria/pertussis • Rabies • Motion sickness prevention and treatment
Polio • Meningococcal meningitis • Japanese encephalitis • Chickenpox (varicella)

Diagnosis and Treatment of Work-Related Injury and Illness

Health Connections is committed to the prompt evaluation and treatment of the injured or ill worker. We understand how important it is to effectively treat and return the employee back to work safely and as soon as possible.

Timely medical care. We have the experience and expertise to diagnose and treat most any condition. We work with the injured worker and employer as part of a coordinated team.

If a specialist referral becomes necessary, we have established relationships within the medical community that enable us to obtain a prompt referral, thus providing seamless and coordinated care.

Return-to-work and transitional work philosophy. It is well demonstrated that early return-to-work actually accelerates the rate of recovery. We strive to return employees to safe, meaningful and productive work as early as is medically appropriate.

Relationships and communication. Prompt and clear communication is the cornerstone of positive outcomes. Our providers communicate with the employer after each visit. We will arrange team meetings with all involved, if ever necessary.

Comprehensive Integrated Care Management

Health Connections works with the injured worker and employer each step of the way, providing the medical care, communication and support necessary to facilitate positive outcomes.

- 10-day workers' compensation provider
- First-injury triage, assessment and follow-up care (examples include the treatment of strains, sprains, contusions, lacerations, minor bone fractures and chemical and biological exposures, as well as claims of psychological injury or stress)
 - Expedited specialist referrals
 - Expedited access to physical rehabilitation services
 - Return-to-work and transitional work management
- 24-hour coverage through Penobscot Bay Medical Center with next-day follow-up

We will coordinate all treatment, diagnostic testing and referrals, and will facilitate communication between the insurer, adjuster, employer and employee.

Thanks to our affiliation with a medical center, we can provide prompt laboratory testing, radiological testing and specialty referral. We have in-clinic physical therapy and rehabilitation services with immediate access to care.

*756 Commercial Street - Route 1
Rockport, Maine 04856
(phone) 207-593-5566 (fax) 207-593-5341
www.pbmc.org/healthconnections*

Health Connections

Occupational Health, Safety and Wellness

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