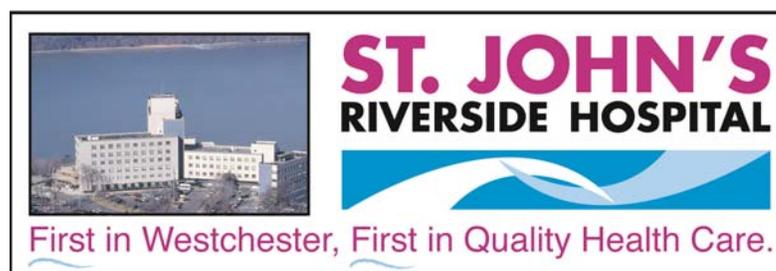


OCCUPATIONAL MEDICINE

A PRACTICAL APPROACH TO
EMPLOYEE MEDICAL COSTS



TAKING CARE OF BUSINESS



A PRESCRIPTION FOR YOUR BUSINESS

An Innovative Approach To Occupational Medicine

St. John's Riverside Hospital is able to coordinate its wide range of professional services and resources to meet the health and safety needs of business and industry in Westchester County and surrounding areas. Our innovative Occupational Medicine program is designed to reduce both the direct and indirect costs of employee medical care, including absenteeism and lowered productivity. We can do this by working together to prevent illness and by treating health problems that do arise efficiently and cost effectively. We will work with you to identify specific problems and tailor our services to meet your company's individual needs in an effort to effect practical solutions and results.

Service For Business

Companies of any kind such as: manufacturing, service, utility, police, fire, retail, wholesale and construction can benefit from our comprehensive health strategy. The program is geared to all levels of employees – both men and women, blue and white collar workers. All will be arranged conveniently around your schedule. Among the services we offer to businesses are:

**Pre-Employment Screenings
DOT Physicals
Urine Drug Screenings
Breathalyzers
Exposure Control Plan
Vision Screening
Hearing Testing**

**Fitness for Duty Exams
Physician Referrals
Respiratory Evaluations
Mask Fit Testing
On-site Flu Vaccine Program
Hepatitis Vaccinations
Annual Physical Exams**

We are prepared to meet almost all of your health and safety needs. If for some reason we cannot, we will refer you to someone who can.

 **COST REDUCTION**

At St. John's, we recognize the tremendous impact employee medical costs have on corporate profits. We are committed to doing everything possible to keep those costs down. Through on-site screenings for example, we may pinpoint a potential problem that otherwise might have resulted in lengthy treatment and hospitalization.

On-the-job injuries are treated promptly with routine charges kept to a minimum. We will let you know your employee's condition and perhaps, most importantly to you, how long he or she is expected to be away from work. This will assist you in scheduling production work and avoid unnecessary lost worktime.

We strongly believe that together, we can make a difference. Our comprehensive Occupational Medicine Program can help:

- Lower Health Insurance Costs
- Reduce Worker's Compensation Costs
- Decrease Work Site Injuries
- Lower Absenteesim
- Increase Productivity
- Demonstrate Concern for Employees
- Improve Staff Morale

Here's How It Works, simply call us at (914) 964-4528 to discuss the right prescription for your corporate health. Our knowledgeable staff will answer your questions and provide the information you need to get started on a campaign to beat the high cost of medical care. Call us. We're confident you will feel better about your corporate health.

PRE-PLACEMENT SCREENINGS

Hire with Confidence that New Employees are “Physically” Qualified for the Job

Our Pre-Placement Screenings detect medical conditions that may affect job performance and help you place workers in appropriate positions. These screenings also serve as a useful baseline reference for future examinations as well as for a later illness or injury.

Pre-Placement Screenings can help you avoid potentially serious medical problems and costs.

Components

- √ Complete Personal and Occupational Health History
- √ Detailed Physical Examination
- √ Lab Tests and other Biometric Measurements (requirements vary by company policy, OSHA mandated regulations or exposures)
- √ Physician Consultation
- √ Written Report and/or Summary to Company
- √ Fax Report at Conclusion of Physical Examination (by request)



EMPLOYEE HEALTH SCREENINGS

Maintain A Healthy Work Force While Meeting Regulatory Responsibilities

Annual or periodic screenings can be custom designed to meet the individual needs of the company or individually designed depending on the worker's age, sex, occupational exposures, etc. Appropriate screening procedures will demonstrate compliance with OSHA and NIOSH regulations, as well as promote employee health.

Features:

- Medical/Occupational Health History
- Height and Weight Determination
- Blood Pressure Testing
- Vision Test/Hearing Test
- Lab Tests (based on needs) may include:
 - √ *Diabetes Screen*
 - √ *Cholesterol Level*
 - √ *Urinalysis*
 - √ *Comprehensive Blood Chemistry*
 - √ *CBCD*
- Health Risk Appraisal
- Written Report of Results to Employee
- Summary Report to Company
- Necessary Documentation and Record Keeping

Drug Testing

Effectively Meeting the Challenge

Drugs. To test or not to test. This is perhaps the most difficult question facing many businesses today. Some are required to do so by law. Many more have instituted drug testing in an effort to prevent drug use from adversely affecting the workplace. Illicit drug use threatens not only performance and productivity, but safety, security and ultimately company profits. Drug testing, is however, a sensitive issue that must be handled properly and effectively. St. John's Occupational Medicine Department provides a comprehensive drug testing program, under the direction of qualified and experienced professionals. Our program is based on established federal regulations and guidelines to promote the accuracy and security of drug screening both for the protection of the company and individual employee.

Our carefully designed drug testing and evaluation program includes:

- A certified Medical Review Officer (MRO). A licensed physician with a background in drug toxicology and pharmacology who reviews and interprets test results and monitors the entire program.
- Sample Collection
- Certified Chain of Custody
- Testing by certified National Institute of Drug Abuse (NIDA) and approved Health and Human Services (HHS) Laboratories
- Prompt Reporting
- Follow-up and referral in cases of positive results

Call St. John's Occupational Medicine Health Department if you are considering a drug screening program. We offer an extensive network of experienced professionals available to tailor a program to meet both your company's short and long-term needs.

Physician Referral

Selecting a doctor is an important decision. Many employees have difficulty finding a doctor because they are new to the area or need a particular specialist. You can depend on our Physician Referral Network. St. John's Medical Staff represents the full spectrum of medical and dental specialties. Appointments to the staff are made only after a thorough investigation of their qualifications, skill and integrity.

Call St. John's Information Center and Physician Referral Line to find the right doctor for you, your family, employees and friends. Let us put our experience to work for you.

Allergy	Obstetrics & Gynecology
Cardiology	Oncology
Dentistry	Ophthalmology
Dermatology	Oral & Maxillofacial Surgery
Endocrinology	Orthopedics
Family Practice	Otolaryngology
General Surgery	Otology
Gastroenterology	Pediatrics
Hematology	Physical Medicine
Internal Medicine	Plastic & Maxillofacial Surgery
Immunology	Psychiatry
Neonatology	Pulmonary Medicine
Nephrology	Rheumatology
Neurology	Thoracic & Cardiovascular
Surgery	Urology
Neurosurgery	

Call 914-964-4362 for St. John's Physician Referral.



Employee Assistance Services

A Valuable Service for Your Organization

The Employee Assistance Program (EAP) is a proven strategy for identifying and intervening with the troubled employee and providing needed assistance. By ensuring early, effective treatment, EAPs help reduce health care costs. EAPs pay for themselves in savings to the employer and result in a healthier, more efficient work force.

An Employee Assistance Program is a pro-active means of effectively and expeditiously handling employee problems.

The problems we handle include:

- alcohol and other drug abuse issues
- financial and legal troubles
- child abuse and domestic violence
- marital and family relationships
- gambling and other compulsive behaviors
- workplace conflicts
- employee morale
- grief and bereavement

Through the EAP performance-related problems are identified at the earliest stage. Employees are motivated to seek help and directed toward the best assistance possible. The Employee Assistance Program offers a professional counseling and referral service to employees who are experiencing problems which create a deterioration in their job performance and/or personal lives.

The philosophy behind the success of the EAP is the understanding that the business industry has a degree of responsibility for providing assistance to employees, who are experiencing personal problems. Often times, these problems affect the ability of the employee to adequately carry out work responsibilities. The program is generally offered when the employee seeks help as a result of personal or work-related problems.

Employee Assistance Programs also provide on-site Seminars on such topics as: Balancing work and home responsibilities, parenting, understanding depression, dealing with conflict and mediation. The EAP provides on-site trauma debriefing, supervisory training and team building.

Your decision to engage the services of an EAP will allow you to recognize an improvement in employee morale, diminished absenteeism, job-related accidents, reduction in turnover and related costs.

If you are interested in learning more about this important employee benefit, please call Kitty Callahan at (914) 337-4367.



Mt. Sinai - Irving J. Selikoff Center for Occupational and Environmental Medicine at St. John's Riverside Hospital

The Hudson Valley Division of the Mount Sinai-Irving J. Selikoff Center for Occupational and Environmental Medicine recently opened at St., John's Riverside Hospital.

The Mount Sinai-Irving J. Selikoff Center for Occupational and Environmental Medicine is a comprehensive occupational health program, which is part of the New York State Occupational Health Clinics Network, a statewide network of eight regional centers of excellence in occupational medicine. Each center receives core support for clinical and preventive activities from the New York State Department of Health.

The center provides the following services:

1. Clinical care: diagnosis and treatment of occupational diseases as well as evaluation of workers who have sustained hazardous exposures in the workplace.
2. Prevention Services:
 - Industrial hygiene and ergonomics services to evaluate workplace exposures and recommend effective preventive measures.
 - Health education for individual patients, along with health education programs for the community, for healthcare providers, and for regional employers about occupational health.
3. Social work services, including a support group for workers with work-related musculoskeletal disorders and counseling for workers.
4. Educational programs.
5. Prevention oriented research.

We evaluate and treat patients with conditions such as carpal tunnel syndrome, chronic tendon disorders, cervical disc disorders, asbestos related diseases, lead poisoning, occupational asthma, occupational dermatoses, and health problems such as allergies related to indoor air quality problems and mold exposure.

For more information on these services, please contact Stephen Levin, MD, Medical Director, Robin Herbert, MD, Medical Co-Director or Jaime Szeinuk, MD, Occupational Medicine Physician at 914.964.4737.

Health Promotion

For Your Employee's Health

Our health education and wellness programs, offered through the Institute for Health Education & Research at St. John's, are designed to promote good health and prevent injuries by providing the information and motivation necessary for an overall healthier lifestyle.

Health Promotion Programs Can:

- Reduce Work-Site Injury Rates
- Moderate Health Insurance Costs
- Reduce Costs Associated with Worker's Compensation
- Reduce Absenteeism
- Demonstrate a Concern for Employees
- Improve Morale

Program Offerings:

- Weight Control
- Nutritional Counseling
- Smoking Cessation
- Cancer Detection
- Back Management
- Physical Fitness and Exercise
- Heart Saver - CPR/First Aid
- Immunization Program
- Health Education Seminars
- Asthma Management
- Substance Abuse
- Cardiac Rehab

For more information, call Brenda Hartley, Director of Program Management at 914-964-4274.

✓ A Variety of Health Education Needs

Nutritional Counseling

Expert counseling is now available on an out-patient basis for people with special nutritional or dietary needs, as well as those who simply wish to improve their health through nutrition. A Registered Dietitian offers professional assistance with diet-related problems and concerns, including pregnancy, weight control, diabetes, hypertension, digestive disorders and heart disease.

Cardiopulmonary Resuscitation

A Simple Technique That Saves Lives Every Day

Because, you never know when an emergency might occur, St. John's certified instructors will teach you and/or your employees the skills necessary to perform lifesaving CPR. St. John's has been designated an official center for training the public and health-care professionals in CPR. Upon successful completion of the course, participants receive American Heart Association certification. Classes will be arranged to fit your schedule.

Stress Management

Too Much Stress Is Bad for Business

Stress has been labeled the number one health problem in the United States today - costing American business an estimated **150 billion dollars** annually.

Stress is a normal part of life. But continual, excessive stress can result in lowered productivity, absenteeism and health problems. St. John's Stress Management Seminar is designed to introduce participants to stress management skills that can reduce anxiety and prevent or control stress-related symptoms.

Fighting Back

Because Business Suffers From Bad Backs Too!

St. John's Riverside Hospital's "Fighting Back" Program is designed to prevent back injuries through:

General Back Education

Identification of specific preventable occupational risk factors

Lifestyle Modification

Proper body mechanics and lifting techniques

Employee wellness programs were instituted more than twenty years ago to reduce healthcare related cost for the employer and to increase the employee's level of wellness. Healthy, educated employees are more productive on the job.

The Institute for Health Education and Research is dedicated of offering the local business community help in keeping their employees healthy. For more information, please call Brenda Hartley, Director of Program Management at 914-964-4274.