

## ON-SITE SCREENINGS

Preventative wellness care can help you create a healthy work environment for all employees.

KRHC can help provide wellness solutions for your company. Choose the services that best fit the staff, or enjoy the cost savings of bundled wellness care.

### CUSTOMIZED WELLNESS PLANS

Your customized wellness plan could include any of the following services:

- Lab Draws
- Vaccines (Seasonal Flu, Hep B)
- Blood pressure screening
- Height, Weight, BMI (Body Mass Index)
- Wellness To Go education and presentations
- Personal Health Coaching
- Flu shot clinics

### ONSITE WELLNESS SERVICES

KRHC can bring healthcare to you, with onsite wellness services. A minimum of 10 people required for on-site visits.

## CONTACT INFORMATION

Kossuth Regional Health Center offers a knowledgeable team of health professionals to help you and your employees stay healthy while on the job. Let us know how we can help you.

### BUSINESS AND OCCUPATIONAL HEALTH DEPARTMENT

**Cheryl Johnson, LPN**

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An Affiliate of **MERCYONE.**

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## BUSINESS HEALTH PROGRAM



**KOSSUTH  
REGIONAL  
HEALTH CENTER**

An Affiliate of **MERCYONE**<sup>SM</sup>

515-295-4487

# Your health is *our business!*

Kossuth Regional Health Center's Business and Occupational Health team wants to keep your employees healthy, safe and on the job! By focusing on the health needs of your workers, Business and Occupational Health staff serve as a key link between the corporate community, workman's compensation and KRHC.

## PHYSICALS AND TESTING

Call & Schedule with Occupational Nurse  
515-295-4487

- Nurse Pre-Placement Screening
- Vision Testing / Colorblind testing
- Vaccinations (flu shots)
- TB Testing
- Return to Work Physical
- EKGs

OSHA required/Medical Surveillance:

- Asbestos Screening
- Pulmonary Function Testing
- Respiratory FIT testing
- Respiratory Medical Exam (initial and annual)
- Audiometry... coming soon!!
- Other OSHA Safety & Health requirements

## ON-THE-JOB INJURIES

What if an employee is injured on the job? KRHC can provide coordinated care to help keep you in the loop on employee health and recovery after an injury.

Call & Schedule with KRHC Clinic/Lab:  
515-295-2451

- Acute Care
- Coordinated after hours care with the KRHC emergency department
- Ongoing communication about employee recovery progress
- Return-to-work physicals
- DOT physicals
- Drug Screens
- Breath Alcohol Screening



## PREVENTION/EDUCATION

- Ergonomic Safety and Training
- On-Site Lab/Medical Surveillance
- Blood Pressure Screenings
- Biometrics-Ht/Wt/waist/BMI
- Personal Preparedness
- Skin Screening
- Required Training Sessions
- Goal Setting/Goal Review with health coach
- Supervisor Training: Drug and Alcohol Free Workplace

## CUSTOM-BUILT PLANS

KRHC offers bundled packages for a group of services. Create your own custom-built plan.

- Management of workman's compensation cases

How can we help your team? Call 515-295-4487.