

We're
here for
you.

Business Health Services is open seven days a week. Drug testing and treatment for injured workers is provided on a walk-in basis.

Weekdays 8 a.m. – 8 p.m.
Weekends 10 a.m. – 6 p.m.

Wellspring Medical Center

1475 Mt. Hood Avenue
Woodburn, Oregon 97071
wellspringmedicalcenter.com

For more information, call 971.983.5256.

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Staying on Track

Early Return To Work



■ Elizabeth Marik, FNP-C

that Oregon workers with on-the-job injuries who are taken off work have decreased long-term earning potential. In other words, if your employees are able to continue regular work or perform modified duties while recovering from their injuries, there is a greater likelihood that they will keep their full earning potential in the future.

It is to everyone's advantage for an injured worker to return-to-work as soon as possible after an injury. Employers gain lost productivity, lower compensation costs and less dependency on other types of assistance. Injured workers who return to suitable work as soon as possible recover from their injuries faster than those who don't.

Instituting proactive return-to-work programs result in 1) a lower rate of lost workday cases;

Medical studies show that time away from work due to work-place injury is harmful to an employee's physical, mental and social well-being. Data shows

2) a reduction in workers' compensation claims incidence; and 3) fewer lost workdays. The programs also reduced claims, lowered premiums, litigation expenses and improved the employers' public image. A proactive program includes planned, coordinated, supportive, company-based interventions for assisting injured workers at the onset of return to work.

When employees suffer job-related injuries or illnesses, it is to the benefit of all concerned that everything possible is done to help them recover and get back on the job. This is why developing a Return to Work program is so important.

Return to Work programs help ensure smooth, earlier transitions from injury or illness to productivity. This is one of the best ways to keep workers' compensation costs under control.

For more information on return-to-work issues, call Business Health Services at 971.983.5340.



Mark Your Calendar: Health & Safety Conference



**Presented by
Business Health Services**
Friday, October 10
8 a.m. – 3:30 p.m.

Legislative and Regulatory Update
Ken Hector, Director of Community Outreach & Governmental Affairs, Silverton Hospital Network

“Early Return-to-Work: Helping Employees Return to Work after a Job Related Injury or Illness”
Elizabeth Marik, FNP, Director of Clinical Services, Silverton Hospital Occupational Health

Workplace Substance Abuse
Mimi Bushman, Director, WorkDrugFree Oregon, Associated Oregon Industries (AOI) Foundation

“Safety and Health Challenges of an Aging (Maturing!) Workforce”
Paul Schuberg, Senior Risk Specialist, City of Portland, Bureau of Environmental Services

“Multi-Culturalization and the Workers’ Compensation System... A Challenge in Compatibility!”
Coleen Carney, RN, Partner, Carney Smith & Associates



Watch for your registration forms in the mail or call 971.983.5371 for more information.

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Screening and Nutrition Key To Women’s Health

An annual clinical breast exam and monthly self breast exams are recommended for women under 40. Women over age 40 should also have an annual mammogram.

These days, women have a lot on their plate. Attention paid to family and career often results in fewer physical and emotional resources to invest in their own self care. One area of personal responsibility that is often overlooked is one’s annual mammogram. October is

National Breast Cancer Awareness Month and a good time for our female friends, family and co-workers to be mindful of this important screening.

Annual breast cancer screening is a key factor in women’s health care. Mammograms have been shown to be effective tools in breast cancer detection, as are regular self-exams.

Good nutrition is one way to encourage breast health. Vegetables, especially

broccoli, cauliflower, cabbage, kale and brussel sprouts are especially important. The lignans in flax seed have also proven helpful in improving breast health; as well as the EPA component of fish oil. Regular exercise is also important.

For more information on women’s health, call Wellspring Integrative Medicine at 971.983.5250. For digital mammography, call Tukwila Diagnostic Imaging at 503.982.8780.

Mary Tippin, NP,
Wellspring Integrative Medicine



BUSINESS MEMBER PROFILE

Andra Wagner

Food Services of America

ANDRA WAGNER

Human Resources Administrator
Food Services of America

Type of Business

Food service distribution

How many employees do you employ?

509

What is the greatest employee health and safety challenge you face?

Soft tissue injuries such as sprains and strains.

What health and safety programs have been successful for you?

Our safety committee, safety incentive program and safety training programs.

How has Business Health Services helped your business?

Business Health Services provides a community resource for us in the areas of injury treatment and drug testing as well as a wealth of pertinent health information for both our company leadership team and our employees.

What was the last great management book you read?

First, Break All The Rules: What the World's Greatest Managers Do Differently by Marcus Buckingham and Curt Coffman

What are your favorite business quotes?

"Managers don't just delegate. They do."
-Michael Chasen, CEO, Blackboard. And,



"We are continually faced by great opportunities brilliantly disguised as insoluble problems." -Lee Iacocca, American Industrialist

What is your leadership philosophy as it relates to your employees?

We trust our associates to act in the best interest of our customers and our company. Their integrity, expertise and commitment are the foundation of our business relationships and reputation. This is an FSA Guiding Principle.

What else would you like to share with other business owners or managers?

At FSA we have learned that a business needs a strong partnership with the medical providers in the community in order to be proactive in managing healthcare costs.





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Business Health Services

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1475 Mt. Hood Avenue
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Flu Season is Just Around the Corner.

Keep your employees healthy.
Call us now to schedule on-site flu
vaccinations at 971.983.5340.

Services

- Injury evaluation and treatment
- Workplace-related health screening and monitoring
- Federal and non-federal drug testing services
- Health and safety training sessions
- Vaccinations (bloodborne, pathogen, Hepatitis B, etc.)
- On-site services
- Customized wellness programs

Workplace Safety Training

- CPR/First Aid
- Bloodborne Pathogens
- Healthy Back Classes
- Ergonomics
- Workplace Substance Abuse

