

Occupational & Environmental Medicine Newsletter

MAY 2015

Executive Health Examinations

As a preventive medicine subspecialty, occupational medicine has a strong focus on the prevention of illness and injury as well as the early identification of disease. The philosophy of the Executive Health Examination Program at HealthPartners is to provide individualized health risk assessments for each executive and then determine the appropriate screening and diagnostic tests to be performed. Age, sex and other lifestyle factors help determine these tests. Heavy emphasis is placed on counseling regarding lifestyle changes for optimal health. Each executive receives a letter from his or her physician reviewing the results of the exam and any tests. It also summarizes recommendations for lifestyle changes for follow up with the executive's private physician.

Contact Kirk Hyatt at 952-541-2619 for additional information.

Congratulations Dr. Cusic

The Women's Health Leadership TRUST recognized three leaders from HealthPartners and Park Nicollet with a "2015 Women Leaders in Health Care Award," including our very own Christina Cusic, MD. The award is presented to those who demonstrate leadership excellence in Minnesota's health care industry. The TRUST, founded in 1979 to support and promote female leadership in health care, has helped Minnesota become a national leader in the prevalence of women in health care executive roles.

Congratulations Christina!

Obesity and the Workplace, Liz Medina Alm, MD, Occupational Medicine Resident

Obesity is well established as a growing public health issue, with a wide potential impact on wellbeing. There is a significant financial burden associated with the obesity epidemic, resulting in both direct and indirect costs to individuals and the community at large. The National Institutes of Health reports that since the 1960s, the prevalence of obesity among adults has increased from 13 percent to 36 percent. Two of three adults are considered overweight or obese and this trend is increasing. Many studies have demonstrated that the health of an individual worker can affect job safety, prolong recovery times for work related injuries and increase the risk of additional injury due just to the added weight being carried. The impact on employers will continue to grow and they will share largely in the estimated \$150 billion problem.

The average American worker spends roughly one-third of their lives at work. It's no surprise that worker productivity is affected by an individual's overall health. A body of evidence indicates that obesity increases the risk of certain occupational conditions, such as musculoskeletal disorders (backs, knees, ankles). Several studies have shown a positive association between obesity and absenteeism. These effects can be direct (e.g. compensation costs) or indirect (e.g. lost work days). Obesity may also affect work performance, including quality and timeliness. There is mounting evidence that obesity also increases the risk of and recovery from any occupational injury.

Solutions

A healthy work force has been shown to lower direct and indirect costs to employers. Employers as purveyors of healthy lifestyles can champion the CDC's National Healthy Work Site Program recommendations including:

- Promoting educational seminars, workshops or classes on weight management
- Offering healthy food and beverage options in cafeteria and vending machines
- Incenting healthy behaviors such as discounts for frequent health club use
- Implementing and encouraging participation in worksite wellness programs

HealthPartners offers an array of evidence-based, results-driven programs and services to improve the health, wellness and productivity of your employees. Visit our health solutions page for employers for further information:

healthpartners.com/employer-public/health-wellbeing

Well@Work On-Site Clinics

Simple. Convenient. Affordable.

HealthPartners Well@Work on-site clinics keep employees feeling and working their best. A Well@Work clinic is a lot like a primary care clinic, only it puts health care where your employees are most likely to use it at work.

Experience you can trust

Well@Work seamlessly integrates our more than 60 years of care delivery, benefits experience and health care financing with your existing health plan. You'll get:

- Strategic consultation
- Medical expertise
- Turn-key clinic management
- Engagement support
- Sophisticated reporting

Our Well@Work clinics offer a comprehensive suite of services to give employees convenient, confidential access to most of their health care needs without ever leaving the workplace.

Core services:

- Primary care
- Laboratory
- Occupational health
- Preventive care
- Chronic condition management

Optional services:

- On-site medication dispensing
- Health and well-being
- Workers' compensation case management
- Leave administration

Outcomes that make a difference

Not only will you lower your trend by purchasing care at wholesale, but you'll bend the trend by providing simple, convenient and affordable access to your employees. Results are hard to ignore:

- Approximately half the cost of a primary care clinic
- Average time savings of 2.5 hours per visit
- 2:1 ROI in the first year

To learn more, call 952-883-7542.



Occupational Medicine & Urgent Care Locations

HealthPartners Clinic - Riverside

2220 Riverside Ave. S.
Minneapolis, MN 55454
952-883-6999, Opt. 1

HealthPartners Clinic - St. Paul

205 S. Wabasha St.
St. Paul, MN 55107
952-883-6999, Opt. 2

HealthPartners Clinic - West

5100 Gamble Drive, Suite 100
St. Louis Park, MN 55416
952-883-6999, Opt. 3

HealthPartners RiverWay Clinic - Anoka

601 Jacob Lane
Anoka, MN 55303
952-883-6999, Opt. 4

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