

## What is Occupational Health?

Occupational Safety and Health (OSH) is a discipline aimed at protecting the safety, health and welfare of people engaged in work or employment.

Additionally, the International Labour Organization (ILO) and the World Health Organization (WHO) have a shared definition that says Occupational health should aim at:

- Promoting and maintaining the physical, mental and social health and wellness of all employees in all occupations;
- Preventing injuries and absences from work due to unsafe working conditions;
- Protecting workers from avoidable work-place health risks;
- Placing workers in an environment that matches their respective physiological and psychological capabilities;
- And, to summarize, the adaptation of work to man and of each man to his job.



The Sentara Obici Occupational Medicine program is designed to help employers meet these needs. Contact Bettie Cuddyer, Sentara Obici Occupational Medicine's Sales & Marketing Manager at 757.934.4983 today to learn how we can put our skill and experience to work for you.



## Location

**Sentara Obici Occupational Medicine**  
 2800 Godwin Blvd., Suffolk, VA 23434  
 757-934-4162  
 Monday - Friday  
 8:00 am - 4:30 PM  
 Located in the Sentara Obici Hospital  
 Medical Office Building, First Floor

**For More Information, Contact**  
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[www.sentara.com](http://www.sentara.com)

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## A Full Service Occupational Health Clinic



## We Take Care of Business

Since 1998, Sentara Obici Occupational Medicine has been serving the local community and beyond. More than 1000 employers utilize our full-service occupational health clinic and other product offerings, including work related injury care, a variety of physical options, drug and alcohol testing, and wellness & nutrition education programs.

Here at Sentara Obici Occupational Medicine we are well versed in the rules of OSHA and Workers' Compensation laws. We understand the importance of getting your employees back to work as fast as is practical and appreciate the value of education in helping employees be more proactive about their long-term health.

Dedicated to taking care of business, we are a one-stop-shop for all occupational health requirements.

## About Our Staff

The Medical Director, Timothy Lee, M.D., is board certified in both occupational medicine and family practice and is a certified Medical Review Officer. He is supported by a skilled team who are all experienced in the medical or occupational health profession. All staff members have the qualifications, certifications and training required by OSHA and the U.S. Department of Transportation.

## How We Work

Each company receives their own personal plan, dedicated to their needs and requirements. We know that one size does not fit all and that each company is unique.

When an employee arrives at our clinic, we are able to respond to any occupational health need. Personal medical findings are referred to the employee's personal physician so that our program can focus on best servicing the needs of our employer groups. Charges are comparable to those at a private physician practice, and most insurance networks are covered.

Communication is a priority and is key to how we work. Following treatment, employers are called and

a written statement is sent describing the employee's work status. A special software allows us to track each case, and when combined with our interdisciplinary approach to care, we are able to ensure all receive proper and timely follow-through.

## Our promise to you:

**"The service you receive at Sentara Obici Occupational Medicine will be tailored to your company and will provide the best quality care available. Turnaround time will be minimal and communication between our clinical staff and all employer clients is a priority."**

## Program Highlights

### Physicals

A variety of options are available, including health risk assessments, pre-employment physicals, return-to-work physicals, respirator clearance, hazardous material screenings and U.S. Department of Transportation/ Coast Guard physicals.

### Drug & Alcohol Testing

Drug and alcohol collections are completed by certified collectors following all chain of custody guidelines. We also have the ability to fully manage a company's screening program based on their individual requirements.

### Health & Safety

In addition to vaccines, immunizations, hearing conservation tests, and exposure monitoring, employee safety education is also available in the areas of back safety, accident management and pathogen compliance.

### Wellness

Investing in the health and wellness of your employees can impact your bottom line in many ways. Through educational opportunities like those offered by the Sentara Obici Occupational Medicine Program, absenteeism may be reduced and work-related accidents avoided while productivity, employee morale, loyalty and retention can improve.



These are just a sampling of the vast range of services we offer to our customers. If you'd like to learn more, contact us today at 757.934.4983.

## Voice of the Customer

*"Unilever Suffolk has had a long and productive partnership with Sentara Obici Occupational medicine. It is comforting to know that when we need an employee to get a physical or have certain medical tests performed, or when we desire a health-related on-site program, Sentara Obici Occupational Medicine is always there when we need them."*

**Ted Narozny, Plant Manager**  
 Unilever - Lipton Tea

*"Community Electric Cooperative has maintained a Wellness Program since 1992. Since the program's inception, Sentara Obici has provided the resources for our events, ranging from Wellness Walks to brown bag lunch sessions to health risk appraisals. This partnership has been a valuable asset to the Cooperative, especially to the health and wellness of our employees."*

**Annette Dickey, Wellness Coordinator**  
 Community Electric Cooperative