



McDonough District Hospital

Wellness Solutions

For Optimal Health and Performance



Dedicated Occupational Health Coordinator

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MDH Wellness Solutions

For Optimal Health and Performance

What is MDH Wellness Solutions?

Whether for work or personal goal, this brochure provides a continuum of services that can be selected to assist the workplace or you as an individual to start achieving or improving your overall health and wellness.

Our qualified staff is here to assist you with development of a wellness action plan that serves your needs.

For more information or to schedule a free consultation to discuss our services and how they benefit your organization, please call: (309) 836-1584.

Our Mission:

Whether through your employment or as a personal lifestyle commitment, MDH Wellness Solutions strives to empower individuals, both physically and emotionally, on their wellness journey.

Individuals perform their best when healthy and optimal employee performance is necessary for a company to be a leader in its field. We are committed to working with individuals and organizations to achieve their health and wellness goals.



Health, Wellness and Safety Education Programs

MDH Wellness Solutions staff can work with your business to design and implement health, wellness, and safety programs that will help you optimize the health and overall performance of your employees. Programs are tailored to meet your organization's needs.

These programs can include:

- Assessing employee wellness levels
- Identify high-risk areas
- Online health risk assessment
- On-site wellness screening services:
 - Laboratory tests designed to meet your needs (on-site)
 - Blood pressure screening (on-site)
 - Body fat analysis (on-site)
 - Health fair
 - Lunch and learn sessions
 - Immunizations: Flu, Hepatitis C and Pneumonia
- First Aid & CPR training (American Heart Association)
- Stress Reduction Classes
- Proper lifting techniques and back safety education

Wellness Physicals

Up to 75 percent of illnesses and diseases can be controlled or cured if diagnosed in the early stages. MDH Wellness Solutions offers wellness physicals tailored to fit the needs of your employee population based on age, gender, and personal and family health history.

Wellness Physical options include:

- Physical exam by a certified practitioner
- Vision screening
- Hearing screening
- Mammography
- Pulmonary function testing
- Chest X-Ray
- Laboratory testing
- EKG
- Dexa scan for bone density
- Body composition
- Cardiac treadmill stress testing
- Respirator fit testing
- Results letter and discussion from practitioner



Sports Medicine and Rehabilitation Services

Provided by staff highly trained in physical therapy, occupational therapy, and sports medicine.

Services offered include:

- Post-offer/Pre-work screen
- On-site job station analysis
- On-site Consultation/Injury prevention programs
- Ergonomic evaluations
- Work hardening and conditioning
- Physical therapy/Occupational therapy

Pre-Employment/Pre-Offer Physical Examinations

Hiring the right person for the right job is key to a successful employer/employee relationship. Let MDH Wellness Solutions and our associated medical providers assist you with providing the correct post-offer screening exam customized for your workplace and position needs.

These services include:

- Physician and nurse practitioner examinations
- Height / Weight / Vital Signs
- Basic vision test
- Basic hearing screening with audiometry
- Laboratory testing
- Drug screening
- Lift testing & functional job screening

Other testing options:

- DOT physicals
- Pulmonary function testing
- Chest X-Ray
- EKG
- Respirator fit testing



Worker Injury Services

As worker's compensation costs continue to rise, it's important your health care provider understands your business needs and has programs that return injured workers to full health and productivity as efficiently as possible.

MDH Wellness Solutions provides initial minor injury treatment and follow up care at the MDH Family Clinic during business hours of Monday-Thursday, 7:30 a.m.-7:30 p.m. and Fridays 8:00 a.m.-5:00 p.m. Services are also offered at Bushnell Family Practice, located at 1150 North Cole Street, Monday-Friday, 8:00 a.m.-4:30 p.m. Emergent or after hours injuries are available at the MDH Emergency Department.

We believe successful treatment requires:

- A thorough knowledge of your business and worker requirements
- Knowledge of your policies and regulations pertaining to worker injury management
- Physician and clinic support that understand your light duty, post-accident, and drug screening needs

Our communication includes:

- A physician or nurse practitioner to call your company
- Follow-up care
- Specialist referral, if necessary
- Completed work status report with restrictions, if any



Drug and Alcohol Screenings

Drug screening can be performed at the same time of physical examination or conducted as a stand-alone screening.

Urine Drug Screening Services:

- Specimen collection; chain of custody with Medical Review Officer (MRO)
 - Non DOT
 - DOT certified collectors
- Rapid non Department of Transportation (DOT) testing
 - 10-panel testing for controlled substances.
 - Laboratory analysis and confirmation testing (optional if requested)
- Confidential results and reporting to the company only

Breath Alcohol Testing:

- Breath alcohol testing (available for DOT as well as non-DOT businesses)
- Testing performed by certified breath alcohol technicians
- Hours of operation at MDH Laboratory
Monday-Friday: 7:00 a.m.-5:00 p.m., or by appointment

Random Drug Testing for Screening or Reasonable Suspicion:

- MDH Laboratory Services can administer your company-specific random drug and breath alcohol screening program. Qualified staff will work with you to develop your drug screening program, whether post-accident, reasonable suspicion or both.



Employee Assistance Program (EAP):

Employees are the most important assets of any business. The complexities of daily life outside of business, as well as the demands of today's work environment, often add stressful burdens to even the most seasoned employees.

MDH Behavioral Health Services team can offer your organization targeted, confidential EAP services allowing employees and their families with 24-hour access to crisis services. Our treatment team includes licensed counselors and consulting Psychiatrist.

“ We partner with MDH for a variety of employee wellness solutions – including drug screenings, pre-employment physicals, on-site wellness screenings as well as educationals. The annual wellness screenings are a **huge benefit to our employees**. MDH is easy to work with and always provides a great experience. Businesses interested in these services should definitely contact MDH for a proposal. ”

McDonough Power Cooperative

Locations to better serve you include:

MDH Main Campus

525 East Grant Street | Macomb, IL
MDH Emergency Services, First Floor
MDH Laboratory Services, First Floor
MDH Sports Medicine and Rehabilitation Services, Third Floor

MDH Behavioral Health Services

505 East Grant Street | Health Services Building 1 | Lower Level

MDH Family Clinic

515 East Grant Street | Health Services Building 2 | Suite 213

MDH Sports Medicine and Rehabilitation Services

1214 Lafayette Street | Macomb, IL

Bushnell Family Practice

1150 North Cole Street | Bushnell, IL

Call **(309) 836-1584** to request your free, on-site
consultation to discuss your company's needs.



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525 E. Grant St. | Macomb, IL 61455 | www.MDH.org