



Celebrating our 10th year "keeping business healthy".

January 2010

COM Celebrates 10th Anniversary

COM partners with Walmart

Wellness Program Initiatives

Saving's Coupons



Dear Bill,

I am really excited about 2010 and look forward to the beginning of a new year. In January, Community Occupational Medicine will celebrate our 10th year in business. We also have some special promotional offers to share for our valued business clients. COM partners with Walmart Vision Centers. This partnership will provide value added services for COM clients and the best service and deals on prescription safety glasses. We also want to highlight some Wellness Program initiatives and ideas for all budgets.

Happy New Year to all of you from everyone here at COM.

Bill Martin
Operations Manager
Community Occupational Medicine

**TWO LOCATIONS
to SERVE YOU!**

**Community Occupational
Medicine**

**ELKHART Office
22818 Old US 20
Elkhart, IN 46516
(574) 389-1231**

COM Celebrates 10 Years

In January of 2000 Community Occupational Medicine opened it's doors to provide occupational medicine services to area business's. The concept was simple, provide business's access to a medical facility

Community Occupational Medicine

GOSHEN Office

2312 Eisenhower Dr. North

Goshen, IN 46526

(574) 534-1231

**COM offers industry a full
menu of professional
occupational medicine
services.**

Injury Treatment

Occupational Illness

Drug & Alcohol Testing

DOT Physicals

Sports Physicals

First Aid / CPR Trng.

Hepatitis B Vaccination

The concept was simple, provide business's access to a medical facility that would focus on their specific medical needs, treat employee injuries, reduce cost, and understand OSHA medical program compliance. Over the last 10 years COM has continued to refine services to meet client needs and has become the areas leader in occupational medicine. COM's focus remains on all the components of occupational medicine and employee wellness. COM has the professional staff and expertise to offer the full range of services needed for a variety of business sectors. Understanding each client has specific needs, COM utilizes an integrated occupational medicine software to provide specific service instructions that help manage the independent needs of each business. As time continues forward we recognize that COM's success is dependent on creating new and inventive solutions and providing value added services with a professional staff that exceeds our clients expectations.

COM and Walmart Vision Center form partnership.

Both Walmart super centers located in Elkhart and Goshen have teamed with COM to provide an additional 10% savings to COM clients. Walmart Vision Centers offer a great deal on prescription safety glasses and value added services that are second to none. Walmart can set up your safety glasses program specifics for your business locations here in Elkhart County. Are you a large business with locations in multiple states? Walmart may be your solution for providing continuity to your prescription safety glasses program. Beyond convenience and location, Walmart can provide onsite tune-ups and titmus screenings for your employees. Ohh yeah did I mention the 1 year warranty.

For those of you that caught the 10% savings part. COM clients can stop in at either Elkhart / Goshen COM locations for the savings coupons.

Coupons are good for:

- 10% off safety glasses and frames.
- 10% off a second pair of street/home frames and lenses.

Elkhart/ Goshen
Walmart Vision Center Hours.
Monday-Friday 9-8
Saturday 8-7
Sunday 12-5

Need an eye exam?

Walmart Vision Center Doctor's Hours

ELKHART
Monday 9-6
Tuesday-Thursday 11-7
Friday 9-4

GOSHEN
Monday, Thursday 9-7
Wednesday 1-7
Tuesday, Friday 9-5

Risk Management

Employee Physicals

Pulmonary Function

Preventative Medicine

Chemical Surveillance

DOT Random drug/alc

X-Ray

AED Program, MD Director

ON-Site Mobile Hearing Test

Dealer-ZOLL Defibrillator

Friday 9-4
Saturday 8-3

(574) 266-7467

Tuesday, Friday 9-5
Saturday 8-3

(574) 534-7597

Wellness Program Initiatives

Many companies have showed an interest in beginning or advancing their wellness programs. Interestingly enough most people have varying degrees of what they consider a wellness program. With that in mind we have found that listening to client needs and providing an array of wellness options have produced the best results. The increasing cost of employee benefits have driven some to adopt wellness programs. Others companies have recognized that the wellness program has become flat and needs revitalized to stay progressive. Wherever you are at in your company wellness program mission, COM can assist. Here are some wellness program initiatives that can help get you started or can help to invigorate the old wellness program.

- Create an employee wellness survey (requiring no names and personal info) identifying the wellness needs of your employees. Use this information to implement wellness program features or objectives.
- Develop wellness benchmarks such as weight loss, quit smoking, eating healthier, exercise... measuring improvements. Showing progress is a great motivator.
- Implement a walking program at lunch or the start / end of shifts.
- Offer healthy / wellness challenges that can be achieved. I will eat healthy this week. I will exercise 3 times this week.
- Wellness education materials can be simple brochures, handouts even a simple marker board with the wellness challenge of the week.

Seasonal Flu Shots ?

Walkins

On site Flu Shot Clinics

Company Pay/Employee Pay

(Available while supplies last.)

A common misconception is that a wellness program needs a lot of money and time, so we wait for more money and more time. Wellness program initiatives can be implemented in smaller steps or pieces. Sometimes you have to work with the resources you have.

If you would like more information about simple and inventive ideas to create a new or mixing up an existing wellness program give COM a call.

COM Medical Providers

Duane L. Miller, MD, FACEP, MRO- COM Medical Director

Judy Smith -PA-C

Joanna Saal - MS, ACNP-BC

s Mgr.

a Friend

Mailing List!

Basic Wellness Screening includes Height, Weight, Body Mass Index reading, Blood Pressure, Pulse and Glucose screening. This coupon is redeemable at Community Occupational Medicine ELKHART / GOSHEN. Interested in an onsite wellness clinic? Call your nearest COM office.

Community Occupational Medicine
"Celebrating 10 years keeping business healthy"

ry 15, 2010

This coupon is redeemable at Community Occupational Medicine ELKHART / GOSHEN. Offer good for individuals age 5 and up.

Community Occupational Medicine
"Celebrating 10 years keeping business healthy"

ry 15, 2010

Bring in this coupon to Walmart Vision Center to receive **10% off Safety Frames and Lenses**. Offer valid at your ELKHART / GOSHEN, Indiana Walmart Vision Centers.

Coupon not valid with any other coupon, discount or insurance plan.

Community Occupational Medicine
"Celebrating 10 years keeping business healthy"

ry 15, 2010

Bring in this coupon to Walmart Vision Center to receive **10% off your second pair of Street Frames and Lenses**. Offer valid at your ELKHART / GOSHEN, Indiana Walmart Vision Centers.

Coupon not valid with any other coupon, discount or insurance plan.

Community Occupational Medicine
"Celebrating 10 years keeping business healthy"

Offer Expires: February 15, 2010

FREE
Eye
Screen

Need glasses? Bring this coupon to your local COM office or Walmart Vision Centers (Goshen/Elkhart Indiana) to receive a free vision screen.

Community Occupational Medicine
"Celebrating 10 years keeping business healthy"

Offer Expires: February 15, 2010