

CORPORATE HEALTH SERVICES

Keep your employees healthy, safe, productive, and on the job is an important investment in the future of your business. We offer a full spectrum of Occupational and industrial health services.

PHYSICAL EXAMS

- Pre-employment Physicals (including hearing, vision, spirometry, and labs)
- DOT Physicals/ DOT Re-certifications
- Return to Work Physicals
- Annual Physicals

URINALYSIS

- DOT urinalysis
- Basic urinalysis
- Urine Drug Test (DOT and non DOT)
- Rapid Urine Drug Test

RESPIRATORY CLEARANCE

- Respiratory Questionnaire
 - Respiratory Physical Exam
 - Pulmonary Function Test
 - Respirator Fit Test
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- Breath Alcohol
 - Agility Testing
 - Fit for Duty Testing
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- Work-related injury treatment/Work comp
 - Drug and Alcohol Supervisor Training
 - Work-site Evals/ Work-site Safety Programs
 - Job Analysis and Descriptions
 - Physical Capacity Profile
 - Hearing Conservation/Sound Level Evals
 - Immunizations
 - Wellness/Education
 - First Aid/ CPR Programs
 - Lunch & Learn (Programs with a variety of educational topics)

Prevention services are an important part of preventing excessive workers' compensation costs. Physicals can be tailored to your company's specific job duties and requirements. We provide 24 hour treatment for work-related injuries or illnesses, seven days a week.



CORPORATE HEALTH & WELLNESS

1000 North 15th Street
Humboldt, IA 50548

For more information or to schedule an appointment,
please call us at:

515-332-2492 OR 515-332-7606

Fax: 515-332-4756

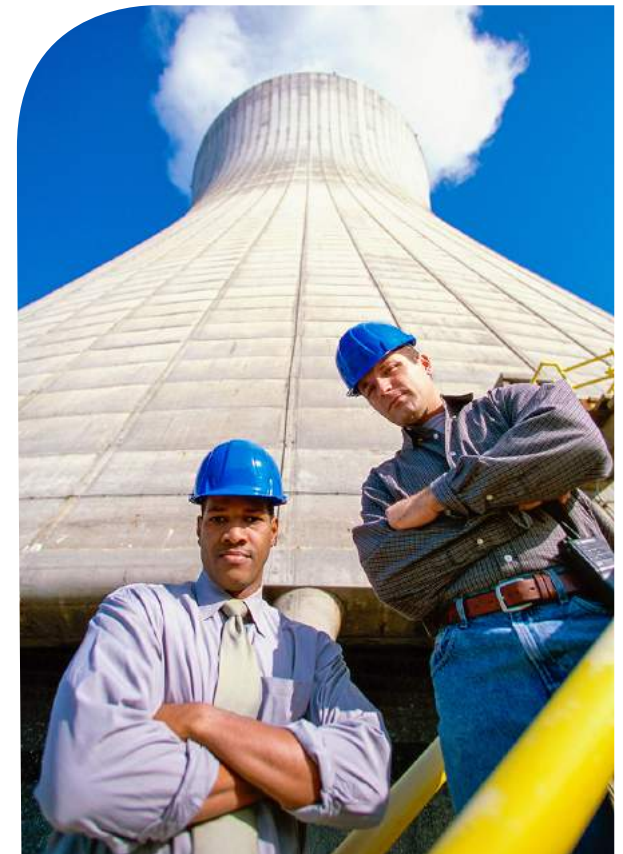
Corporate Health Clinic is located in the
Humboldt County Memorial Hospital.



CORPORATE
HEALTH
& WELLNESS

RIGHT HERE
in
HUMBOLDT.

HCS your care,
MH our mission
HUMBOLDT COUNTY MEMORIAL HOSPITAL



HCMH has a large network of affiliates covering a full array of services available for referral; from pain management, to specialty services and surgery. Enjoy the confidence in knowing that coordination of care is available within one system, all working for you.

Partnering with our customer companies to build and maintain a healthy workforce is what we do.

You are ALWAYS
our priority.

HCMH serves the health and safety needs of corporations and businesses throughout the region. Our corporate Health and Wellness Program is designed to help you maintain a healthy workforce. More importantly, we help you control the costs associated with employee physicals, health screens, on-the-job injuries and employee rehabilitation. All the programs and services are designed to help businesses comply with specific industrial requirements. Our team of experts will provide your employees with prompt, quality health care. You can be confident every effort will be made to return your injured employee to work as early as possible. Additionally, your company's health can be evaluated with both clinical and non-clinical data, providing you with a full complement of screening services, many of which can be performed at your business.

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HUMBOLDT.

CORPORATE WELLNESS SERVICES

IMMUNIZATIONS

Adult Tetanus Booster, Hepatitis B (series of 3 doses),
Influenza

TB TESTING

BODY COMPOSITION

Body Composition, % body fat, hydration, muscle mass,
and BMI

DERMASCAN

Skin analysis for sun damage

COLORECTAL CANCER SCREEN

An accurate take home kit to detect hidden blood in the
stool

BLOOD PRESSURE

Hypertension screening, Blood Type, ABO Type - RH
Type

HEPATITIS C ANTIBODY

Recommended by the CDC for all persons born between
1945-1965 who are at a higher risk of being infected in
the 70's and 80's with the virus

WELLNESS PROFILE (Lipid Profile and Blood Sugar)

A blood profile that includes total cholesterol as well as
its fractions (HDL, LDL) triglycerides and a blood sugar
screening for diabetes

SCREENING PROFILE PLUS

A blood profile which includes a complete lipid profile,
blood sugar, hemogram, BUN, potassium, total bilirubin,
uric acid, AST, calcium, and total protein

HEMOGRAM

Screens for anemia and infection. Includes white and
red blood cell counts, platelets, hemoglobin, hematocrit,
and indices.

CARDIO CRP TEST

A blood test for systemic inflammation and is a predictor
of coronary heart disease.

TSH

A sensitive test for thyroid function

PROSTATE SPECIFIC ANTIGEN (PSA)

A screening for prostate cancer

VITAMIN D TEST

A blood test to measure the amount of Vitamin D in your
blood

HEMOGLOBIN A1C

Test to screen for diabetes



Empower Your Employees

HCMH creates a foundation for healthy lifestyle choices by delivering corporate wellness programs that educate, motivate, and enhance employee awareness.

Our Corporate Wellness Program offers screenings, health education, and dietitian consultations.