

HealthCARE Express is dedicated to helping you maintain healthy, productive employees. Our experienced team and convenient locations offer prompt, quality care, for your employees and job applicants.

As experts in occupational medicine, we help your employees who are sick or injured on the job achieve the best possible recovery by:

- Determining if their illness or injury is work related.
- Identifying appropriate medical tests.
- Developing specialized treatment plans.
- Assisting in scheduling rehabilitation services.

We can also help you prevent your employees from becoming sick or injured on the job by:

- Recommending safe work place practices and operations.
- Assisting in developing health and safety programs.
- Ensuring your workers return to work safely by identifying alternative, "light-duty" and work restriction programs.

Our goal is to make your job easy. We provide the documentation you need to make appropriate decisions. We submit claims directly to your workers' compensation carrier (or to you) based on your preference.

Our extended operating hours offer convenience and reduce long waits in the emergency room. Your prospective and current employees are treated in a timely, caring and cost-effective manner.

As your occupational medicine provider, HealthCARE Express is also your business partner. You will have a direct contact at our clinic to ensure your account is handled the way you want it to be handled.

Our services include but are not limited to:

- 24/7 On-Call Service
- Employment and Insurance Physicals
- DOT Physicals
- Drug Screens
- Breath Alcohol Testing
- Lab Testing
- Lift Assessments
- Workers' Compensation Services
- Minor Illness & Injury Treatment
- Laceration & Minor Burn Care
- Fracture & Sprain Care
- X-Ray Services
- Flu, Hepatitis B and Tetanus Vaccinations
- Overseas Travel Vaccinations

Learn More:

[www.HealthCAREExpress.us](http://www.HealthCAREExpress.us)



# OCCUPATIONAL MEDICINE

**HealthCARE**  
Urgent Care & Occupational Medicine  
**Express**<sup>™</sup>

PUTTING THE CARE BACK IN HEALTHCARE

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[www.HealthCAREExpress.us](http://www.HealthCAREExpress.us)

*Healthcare designed with your  
business goals in mind.*

CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION



# Ensuring a Safe Workplace



As a business owner, you may be surprised to learn the vast majority of drug users are employed, and when they arrive for work, they don't leave their problems at the door. A drug-free workplace program is a key component to ensuring a safe and healthy work environment. Companies who establish a drug-free workplace often see improvements in their profits.

Substance abuse costs the nation an estimated \$276 billion each year. A large portion of that is due to either healthcare expenses or lost work productivity from users of drugs and alcohol.

In a national survey, workers who reported using drugs or excessively drinking alcohol also noted they were more likely to have skipped work two or more days a month. Other studies show that people who have a problem with substance abuse are more likely to:

- Change jobs frequently,
- Be late or absent from work,
- Be involved in, or cause, workplace accidents,
- Use three times as many sick days, and
- Are five times more likely to file a worker's compensation claim.

As a business owner, you have the ability to screen out these people by setting up a Drug Free Workplace Program. A good program should include at minimum a written policy, supervisor training, employee education, employee assistance programs, and drug and alcohol testing.

Pre-employment drug testing can help identify problem workers before they join your team. This small investment is designed to save you big money down the road.

Random drug and alcohol testing should also be part of a Drug-Free Workplace Program. Monthly or quarterly testing of 10-50 percent of your employees helps discourage users from working under the influence of drugs and alcohol. HealthCARE Express offers all companies a free random drug testing database program if they utilize our Substance Abuse Testing Department.

Another key component of a drug free workplace is requiring post-accident drug tests for all work related injuries. Knowing if drugs or alcohol were involved in the injury can help your company defend itself against lawsuits down the road.

*Safety in the workplace is important. That's why we are committed to helping you keep your workplace drug free, equating to healthier more productive employees.*

Our drug test options detect many substances that can negatively impact your work environment. Our DATIA Certified collectors follow strict Chain-of-Custody procedures. Test results are reviewed by a Medical Review Officer (MRO), a requirement for employers doing DOT mandated drug and alcohol testing. The MRO is a licensed physician knowledgeable in the medical use of prescription drugs and pharmacology and toxicology of illicit drugs.

## 5-10 Panel Urine Drug Tests:

We offer urine drug tests in 5, 6, 7, 8, 9 and 10 panels. The tests vary by number of panels, but can test for marijuana, amphetamines, opiates, PCP, cocaine, methamphetamines, benzodiazepines, barbiturates, methadone and tricyclic antidepressants (TCAs).

*Note: 7 panel tests are required for DOT Physicals. 9 and 10 panel tests are most common for pre-employment drug screens and post-accident testing.*

## Hair Tests:

Hair testing can detect drug use for the previous 90 days.

## Nail Tests:

Nail testing can detect drug use for the previous 8 months.

## On-Site Testing:

HealthCARE Express offers on-site drug testing, to save your company money lost from down time while an employee is away from the workplace taking a drug test. Advanced scheduling is required for this service.

## Quick Drug Screens:

Quick tests provide results in less than 10 minutes. Non-negative tests are sent to the laboratory for confirmation testing. These tests are convenient for employers that need to have immediate test results. They are not available to employers that fall under federal testing program guidelines.

## Breath Alcohol Testing:

Certified Breath Alcohol Technicians are on-staff to provide DOT and non-DOT breath alcohol tests. We utilizes the Intoxilyzer 400 to provide accurate alcohol testing.

