

# UVA-WorkMed

Occupational Health and Wellness  
Improving Employee Health



January 2012

[www.uvaworkmed.com](http://www.uvaworkmed.com) | 434.243.0075

## Happy New Year!

We would like to introduce.....

**Stephanie O'Brien,  
Patient Access  
Specialist**

UVA-WorkMed is pleased to introduce our new Patient Access Specialist Stephanie O'Brien. Stephanie joined UVA-WorkMed in August 2011 and has quickly become an integral member of our team. Specializing in scheduling, facilitating referrals, customer service, and assisting in overall daily operations, Stephanie's professionalism has generated many positive comments from our clients. She brings a wealth of healthcare experience to UVA-WorkMed and takes pride in providing quality customer service.

### \*UVA-WorkMed

#### Appointment Tips:

Prior to an appointment at UVA-WorkMed,

- 1) Have all associated paperwork completed ahead of time.
- 2) Keep a historical list of your vaccinations in your wallet.

## President's Council on Fitness, Sports, and Nutrition

An advisory committee to the U.S. Department of Health and Human Resources, [Fit Facts and Tips](#): this resource offer general and population specific fitness insight, including FAQ's and nutrition information.

## Taking it outside: [Recreation.gov](#)

This is a collective resource for thousands of federal recreational activities and reservations. Discover recreational destinations and events.

## Basic Assessment: Tetanus

What is Tetanus ("Lockjaw") and why is vaccination important? This [CDC](#) resource provides valuable information.

## Internet Spotlight:

[Virginia Department of Health](#), offers a diverse collection of state and local health initiatives, programs and information including healthy living resources, environmental health and emergency preparedness.

## Weighing in on Dietary Fats

Dietary fat has a negative reputation. In overabundance, the reputation is well earned. However, did you know that fats are essential nutrients and are an abundant source of energy? Check out this [National Institutes of Health](#) article for more information