

UVA-WorkMed Wellness and Prevention Services:

- **Health Risk Appraisals** – This service can be provided both at your worksite and as a discounted option in our clinic. This screening combines biometric measures, blood work, and a health history questionnaire to identify individual risks for disease. Results are interpreted through group feedback sessions. A cost-effective, informative baseline screening.
- **Worksite Physician Physicals** – “We bring the clinic to you”. Baseline physicals available for groups of 8 or more. A physician and a nurse bring the necessary equipment to your worksite.
- **Health Coaching** – Many employees have questions or concerns following their physical or health risk appraisal. They may also need basic interpretation of results and guidance for the “next step”. Our multidisciplinary team of health educators and clinicians can structure an affordable health coaching program for your employees to insure follow-up.
- **Risk Reduction Classes** – Topics include nutrition, diet, exercise, and lifestyle choices focused on behavior-modified risk. Our health educators are available to provide sound decision making instruction by teaching individuals to make appropriate choices.

UVA–WorkMed

Bringing occupational health and wellness programs to you



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UVA–WorkMed provides tailored occupational health, employee wellness, and screening services for employers throughout central Virginia. With overall satisfaction ratings consistently > 90%, UVA–WorkMed provides prompt, appropriate care. This includes expedited appointments for work related injuries and for workers in safety sensitive positions that require monitoring.

As a specialty clinic within the University of Virginia Health System, UVA–WorkMed offers a diverse collection of services. We are a full-service Occupational Health and Wellness provider with expertise in establishing and implementing occupational and environmental health and safety (OEHS) programs for a wide variety of businesses and governmental agencies.

Employer-paid health care premiums continue to rise at an extraordinary rate and employee healthcare costs can easily eclipse profits. Employers recognize that employee healthcare resources are an investment, one that provides a significant return.

UVA–WorkMed Physician Directed Occupational Health Services Include:

- Triage and single point of care treatment for all work related injuries, facilitating comprehensive care through the UVA Health System
- New Employee and Annual Physicals
- Substance Screening
- Medical Review Officer
- Immunization services: Influenza, Tetanus, Hepatitis A & B, Rabies, Measles, Mumps, Rubella, and Varicella, among others.
- Executive Physicals
- Environmental and Infectious Disease Monitoring
- Fitness for Work Evaluations
- Blood and Body Fluid Exposure Management
- Independent Medical Evaluations
- Respirator Fit Testing
- Tuberculosis surveillance
- Animal Research and Exposure Concerns

UVA–WorkMed Wellness and Prevention Services Include:

Consider this: the primary barrier cited to obtaining healthcare is convenience. Employees spend their most productive hours at work and are often challenged to accomplish personal tasks prior to, during and after work. It is common knowledge that healthy employees are more productive, less expensive, and more engaged than unhealthy employees. “Human Capital” (your employees) may be the most significant investment associated with business success or failure. Recognizing these facts, it makes sense to provide employees convenient, effective healthcare resources.

Businesses recognize the benefits of providing work-based health resources contributing to improved employee health and well-being. Organizations can better combat lost productivity and rising healthcare costs by identifying risk factors among employees.

UVA–WorkMed’s multidisciplinary staff can provide a wide variety of prevention and wellness tools and instruction. *Most importantly, we bring these services to you.*