

OHG

OCCUPATIONAL
HEALTH GROUP

Medical Services

- Workers' Comp Injury Treatment
- Board Certified Occupational Medicine Physicians
- Certified Medical Review Officers

Physical Exams

- Pre-placement
- D.O.T.
- Independent Medical Exams

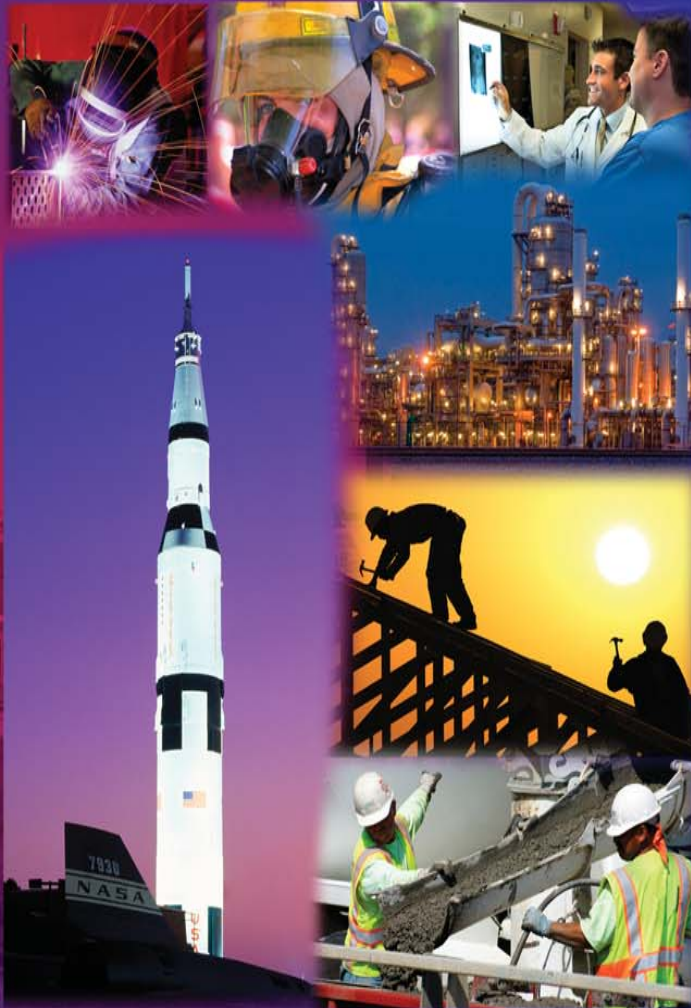
Testing and Evaluations

- Drug and Alcohol
- Pulmonary Function Testing
- Bloodborne Pathogens

On-Site Wellness Services

- Health Screenings
- Audiometric Testing
- Vaccines - Flu, Tetanus, Hepatitis

www.OHGonline.org



Your Resource for a Healthy Workforce

Wellness Classes

OHG Wellness Services offers a broad spectrum of classes that we can bring directly to your place of business. In addition to the classes offered below, we may be able to develop a class addressing your specific needs. For more information on our affordable classes, please call (256) 922-6699.



Wellness and You

A State of Wellness – This class focuses on the fundamentals of wellness: physical health, social health, and mental health. Employees will assess their current level of wellness and set goals to achieve a healthy lifestyle.

Truth or Myth – Have you ever heard these “Old Wive’s Tales”?:

- If you swallow gum, it takes 7 years to digest
- If you go outside with wet hair, you will catch a cold
- Antiperspirants can cause breast cancer

This class explores the scientific answers to these myths and more.

UPDATED! Over the Counter Overboard – This class examines over the counter medications, what they do to your body, and why you may want to cut back on usage.

How to Become a Good Healthcare Consumer – This class will help your employees learn how to use their benefits wisely. They will learn how to work in partnership with their physician and how to take part in all medical decision-making. Employees will become skilled at obtaining healthcare and making good decisions.

UPDATED! Staying Healthy During Cold & Flu Season – This class will explain the difference between a cold and the flu. Prevention and treatment strategies will be given. Discussion will focus on the benefits of influenza vaccination.

Breast Health – This class identifies the risk factors for breast cancer, how to perform a breast self-exam, how to recognize a breast mass or lesion and reviews guidelines for mammography.

Men’s Health – Be the best man you can be...take care of yourself for life! Find out your health risks and which screenings are recommended to keep you well.

Women’s Health –Let’s take a look at some conditions that affect women: Cancer, Osteoporosis and Heart Disease. Learn steps that allow you to take a proactive approach to your own health.

UPDATED! Healthy Holidays – This class gives fun and creative ideas from cooking, to gift giving, all with a healthy holiday twist. Don’t miss this sure way to get into the holiday spirit.

How to Beat the Winter Blues – Up to 20% of the U.S. population suffers from some form of “Winter Blues”. Discover the meaning and recognize the signs of Seasonal Affective Disorder (SAD) and learn actions to take to alleviate these symptoms.

NEW Organizational Skills – Statics show the average worker loses at least one hour of productivity each day due to disorganization. Learn organizational skills, as well as, the tools to better time management.
* 30 minute class

UPDATED! A Healthier You – Do you want to improve your health? Choose from a menu of six different behaviors to discover a healthier you.
* 30 minute class



Nutrition

UPDATED!

Nutrition 101 – Do you want to know the basic guidelines for healthy nutrition? This class will help you make smart choices from every food group and get the most nutrition from your calories.

UPDATED!

What's in Your Drink? – Learn the components that are found in caffeinated drinks and other energy drinks that have become so popular. Learn more about what additives are doing to your body and the danger of mixing them with other common substances. This class looks at healthy alternatives.

Eating Out Without Doing Your Diet In – More and more Americans are eating out in record numbers. Learn the calorie and fat content of fast foods and how to make the best choices when eating out.

NEW

9 to 5 – Would you like to take a step towards being healthier, having more energy and living a longer life? Learn why it is important and how to incorporate five to nine servings of fruits and veggies in your food plan each day.



Prevention and Management

The Beat of the Heart – Did you know that heart disease is the number one killer of men and women in America? Learn what you can do to reduce your risk. Types of heart disease, risk factors, medical treatment, and lifestyle changes will be discussed in this informative class.

The Highs and Lows of Blood Pressure – This class examines blood pressure and describes the factors that affect it. It examines the healthy values of blood pressure and how to control them. This class includes a blood pressure risk appraisal.

* 30 minute class

What are Blood Lipids? – This class identifies the major components of a blood lipid profile and how they affect healthy living. It provides tips on how to control your lipids.

NEW

Diabetes: Connecting the Pieces for Self-Management – This class will help participants understand Diabetes and Glucose management. Learn the relationship between food, exercise and medication to achieve optimum long-term health.

NEW

Preventing Type 2 Diabetes – Recent studies have shown it is possible to prevent the onset of Type 2 Diabetes. Find out if you are at risk and what steps to take for Diabetes prevention.

Cancer Awareness – Does Cancer run in your family? Learn risk factors related to the different types of cancer and how you can reduce your own risk through nutrition, exercise and other lifestyle modifications.

Colon Cancer Awareness – Examine colon cancer and its risk factors in depth. Identify the symptoms and the process of detection. Learn general prevention tips.

UPDATED!

Skin Cancer: Protect the Skin You're In – Explore the causes and risk factors for skin cancer. Examine three types of skin cancer and their prevention. You will be provided with guidelines for skin self-examinations.

NEW

Staph Info for Your Staff – Informational class on the definition, treatment and prevention of the bacteria *Staphylococcus Aureous*.



Exercise

The Reluctant Exerciser – Having trouble starting an exercise program? This class looks at how to select the right exercise program for you. You will learn how to increase the intensity of your exercise within safe guidelines. It teaches you how to change your routine so that you stay committed to your exercise program.

UPDATED!

Keeping Your Back on Track – This class demonstrates methods to strengthen and stretch your back. Proper lifting/transporting techniques and prevention of back injuries are shown.

NEW

Why Not Walk? – Do you hate going to a gym? Have you never been one to join a sports team or take an aerobics class. Why Not Walk? Learn the benefits of walking, how to buy footwear and how to customize a program for the beginner or the advanced walker.

Fit It In – Learn the benefits of exercise and how to incorporate everyday activities into your physical activity plan, while also staying focused and motivated. A set of “Quick Exercises” is included in handouts.

Let’s Get Moving – Still not convinced of the rewards of being physically active? This class examines the physical and psychological benefits of exercise and provides tips for getting started.

* 30 minute class



Stress

UPDATED!

S.O.S.: Success over Stress – Take this opportunity to look at the dynamics of stress and discover how it affects your health, emotions, thoughts, and behavior. Learn techniques and approaches to manage stress in your work and personal life. This class provides an opportunity to participate in a relaxation technique.

The Balancing Act – One of the most difficult juggling acts in life is achieving a balance between stress of a career and the responsibility of creating a fulfilling personal life. Strategies for balancing family, work, finances, and self are explored.

Sleepless in Huntsville – Have you caught yourself dozing off at work or behind the wheel? One out of every three adults reports sleeping problems. Participants learn to identify what is “normal sleep”, if they have a sleep problem, and how to improve the quantity and quality of sleep.

The Buzz on Caffeine – Learn the effects of caffeine on the body. Guidelines for safe consumption and caffeine-free alternatives are offered.

Stress Management During the Holidays – Learn practical tips to help manage your budget, your time, and help keep your sanity during the holiday season.

* 30 minute class

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