



A Healthy Workplace

Urbana/Danville Region | Fall 2021



YOUR WORKPLACE

Sign up for the COVID-19 vaccine

At OSF HealthCare, we believe vaccinations against COVID-19 are an important tool to help end the pandemic. We are now scheduling vaccination appointments for any patient or community member age 12 and older. See [here](#) for more information and share with your team!

COVID-19 testing

If a member of your team has COVID-19 symptoms or questions about health related to COVID-19, a number of options are available. See [here](#) for our COVID-19 public

testing information.

Your local business development specialist can also discuss testing options available to you at your place of business. Contact [Cindy Magsamen](#) for more information.

eScreen users

Reminder: For any log-in issues or if you need to reset your password, please call (800) 881-0722.

D.O.T. updates Chain of Custody forms

Effective August 30, 2021, the Department of Transportation has updated the [FMCSA Chain of Custody Form](#). If your company does not yet have a supply of the newly approved forms, please know that all OSF Occupational Health Clinics and OSF OnCall locations are using the updated versions.

If your company is not using eScreen or OSF Occupational Health as your MRO, then employee will need to bring your company's CCF with them to the clinic performing the collection.



YOUR COMMUNITY

SAVE THE DATE - A Healthy Workplace Event

Join OSF HealthCare, Vermilion Advantage and Danville Area Community College as we welcome guest presenter Brian Bothast from OSHA. Brian will share 2022 OSHA updates, regulations and how OSHA's National Emphasis Program on COVID affects you as an employer.

Wednesday, October 27, 11:30 a.m. - 1 p.m. at Danville Area Community College, Bremer Theater.

Invitation coming to your inbox soon. Contact [Cindy Magsamen](#) for details.

On-site wellness screenings

OSF Occupational Health performs on-site wellness screenings for your employees. Services include cholesterol, glucose and blood pressure screening and wellness education. Contact [Ann Humphrey](#) or call (217) 560-6320 for more information on how we may serve you and your employees.

OSF Occupational Health serving Champaign and Vermilion counties

OSF Occupational Health providers understand the importance of a healthy workforce, a safe work place and having the right health care partner. OSF provides occupational health services in [Danville](#) and [Savoy](#) to serve our region.



YOUR HEALTH

Don't ignore Your body's warning signals

You wouldn't ignore your car's check engine light, so don't ignore those trick knee, hernia bulge, joint ache or heartburn warning lights, either.

Our primary care providers are your trusted health partners, who can connect you with world-class specialists, like endocrinologists, gastroenterologists, oncologists, surgeons, therapists, urologists and many others. Click [here](#) to find out more.

7 good health habits to stop seasonal flu

The single best way to prevent seasonal flu is to get vaccinated

each year, but other good health habits make a difference too. Read more [here](#) about stopping the spread of germs.

What is vaccine breakthrough?

As more people roll up their sleeves, the CDC continues to study vaccine effectiveness to ensure COVID-19 vaccines are working as expected. Read more [here](#) about vaccine breakthrough.



YOUR FAMILY

A sleep routine for success in school

School has once again started for kids across the region, and one of the major back-to-school battles that plagues parents is the daily wake-up call. Getting your kids out of bed early after a summer of sleeping in can be a tough task. Read [here](#) for information from Dr. Sarah Zallek, a neurologist who specializes in sleep disorders for OSF Sleep.

Avoiding tick bites

As the weather cools off this time of year, people begin spending more time outdoors. Sometimes they return home with an unwanted guest. Learn how to keep the ticks at bay [here](#).

OSF taking steps to reduce opioid use and dependency

In the fight against the opioid crisis, providing education for providers and patients about the dangers of opioids is now more important than ever. Read [here](#).

Your Resources

Contact your local business development specialist

Lucinda Magsamen

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(217) 337-3737

Visit osfhealthcare.org/myosf for your health and wellness options.



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