

# Northwestern Medicine Occupational Health

For Work and Life



**Northwestern Medicine Central DuPage Hospital**  
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[cadencehealth.org](http://cadencehealth.org)



# Occupational Health Services

Northwestern Medicine Occupational Health assists employers throughout Chicago's western suburbs with the occupational health and safety of their employees. For more than 25 years, businesses of all sizes have utilized our occupational health services to help create a safer, healthier and more profitable workforce and workplace. We provide your company with access to occupational health specialists who can evaluate your needs and recommend solutions that address regulatory issues as well as health and safety improvements.

Our staff works with you to truly understand the unique needs of your business.

Our goal is to help enhance the health and safety of your employees and assist you with controlling and reducing your workers' compensation and business costs. We offer occupational health services at multiple locations for employee and applicant convenience. Many of our services can also be provided on-site at your company.

**For information or to schedule a free consultation to discuss the cost savings our services may provide your company, please call 630.539.5246. TTY for the hearing impaired 630.933.4833.**

## Table of Contents

Drug and Alcohol Screenings .....	2
Physical Examinations .....	4
Work Injury Services .....	7
Rehabilitation Services .....	9
Safety and Education Programs .....	11
Health and Wellness Programs .....	12
Travel Medicine Services .....	14
Employee Assistance Program (EAP) .....	15

# Drug and Alcohol Screenings

Drug and alcohol screenings can be performed at the time of a physical examination or conducted as stand-alone screenings. Whether your company needs post-offer, random, reasonable suspicion or post-accident/injury screening, Northwestern Medicine Occupational Health provides experts to implement your testing program.

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## Drug screening services

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- Specimen collection
- Rapid non-Department of Transportation (DOT) testing
- Laboratory analysis and confirmation testing
- Medical review officer (MRO)
- Confidential results and reports
- Secured records

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## DOT five panel (Required by DOT, including bus and truck drivers)

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Tests for five controlled substances: amphetamines, cocaine, opiates, phencyclidine (PCP) and marijuana

Includes result confirmation by an MRO

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## Non-DOT five panel

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Tests for five controlled substances: amphetamines, cocaine, opiates, PCP and marijuana

Recommended for employers not regulated by state or federal laws

Includes result confirmation by an MRO

Rapid screening and negative results

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## Drug screen collection only

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Collection services available at multiple locations for businesses with their own laboratory accounts

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## Alcohol testing

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Breath alcohol testing (available for DOT as well as non-DOT businesses)

Testing performed by certified breath alcohol technicians  
24 hours a day

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## Random drug and alcohol screening

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Third party administration (TPA)

For DOT as well as non-DOT businesses

Northwestern Medicine Occupational Health can administer your company-specific random drug and alcohol screening program

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## Random DOT drug and alcohol consortium

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Northwestern Medicine Occupational Health has developed a consortium of smaller DOT-mandated companies that allows companies to pool their drivers for efficient and collaborative management of DOT random drug and alcohol screening. We manage the random DOT program of these small businesses, including selections, screening, MRO services, reporting and retention of results. All random drug and alcohol requirements needed to help pass a DOT audit are included in the consortium.

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# Physical Examinations

Hiring the right person for the right job is key to a successful and mutually beneficial employee/employer relationship. A screening physical, tied to an offer, will help your business hire good people who are qualified—on all levels—for their new position.

Screening exams can help prevent injuries by assessing a candidate's ability to safely perform the essential functions of his or her new position. Screening physicals are an extension of the recruitment process and match the best candidate with the appropriate position. It is a positive and preventive tactic that can be a part of cost savings initiatives for your business.

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Screening exams, which are customized for your business and position needs, include:

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Physician examinations

Height/weight/vital signs

Vision screening (near, far, color and stereopsis available)

Hearing screening (OSHA surveillance testing available)

Pulmonary function testing (with respirator certification)

Laboratory testing

EKG

Chest X-ray

Functional job screening

Lift testing

Drug screening

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DOT physicals (required for DOT-regulated industries) include:

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Physical examination

Height/weight/vital signs

Vision screening (distance and color)

Hearing screening

Urinalysis

Range of motion

Completion of DOT-required forms

Drug screening (available to comply with DOT regulations)

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## OSHA-mandated medical surveillance physicals

Northwestern Medicine Occupational Health experts are familiar with federal regulations and offer customized programs to assist your company with medical surveillance testing and records retention needs. We can help you comply with regulations regarding asbestos, respirator use, etc.

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Available testing options include:

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Physical examination

Height/weight/vital signs

Vision and hearing screening

Pulmonary function testing (with respirator certification)

Laboratory screening

Chest X-ray

On-site OSHA hearing testing and training

On-site respirator fit testing and training

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### **Wellness physical programs**

Up to 75 percent of illnesses and diseases can be controlled or cured if diagnosed in the early stages. For the sake of early detection, we recommend that wellness physicals be tailored to fit the needs of your employee population based on age, gender, and personal and family health history.

With early detection, intervention and treatment, wellness physicals can bring significant cost savings to your business.

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### **Wellness/executive physical options include:**

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Physical exam by a board-certified physician

Vision screening

Hearing screening

Mammography

Pulmonary function testing

Chest X-ray

Laboratory testing

EKG

Cardiac treadmill stress testing

Results letter from physician

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## Worker Injury Services

Workers' compensation costs are on the rise because of medical care, lost productivity and employee turnover. It is critical that your healthcare provider understands your business needs and has programs that return injured workers to full health and productivity quickly and safely.

Northwestern Medicine Occupational Health provides initial and follow-up injury care at multiple clinic sites, as well as at the Emergency Department at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital for after-hour injuries.

### **Initial injury treatment**

We believe appropriate treatment at the time of injury is a critical factor in getting an injured employee back to work quickly.

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### **We also believe successful treatment requires:**

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A thorough knowledge of your business, worker requirements and trends

Knowledge of your policies and regulations pertaining to worker injury management (light duty, post-accident/injury drug and alcohol screening, etc.)

Physicians and clinical support staff who have a comprehensive understanding of Illinois workers' compensation laws and OSHA requirements

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We provide prompt communication to your company contact regarding your employee's status.

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**Our communication includes:**

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Complete case management

Physician or nurse call to your company

Follow-up care

Information about follow-up, if necessary

Specialist referral, if necessary

Completed work status report with restrictions, if any

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Nurses and/or case managers track worker injury cases and maintain close communication with your business. And, in some cases, you will receive communications directly from treating physicians. Physicians and nurse/case managers are available to discuss the worker injury cases.

## Physical Therapy and Rehabilitation Services

Physical and occupational therapy services are provided with direct communication from the doctor at the same facility. Services are provided by staff highly trained in occupational health. Services offered include:

**Post-offer/pre-work job screen**

Tests potential new employees' ability to safely perform essential job demands for the position for which they were hired.

**On-site job analysis for pre-work job screen**

Required for set-up of post-offer/pre-work job screen. Analysis by therapist to determine essential job demands of specific job positions.

**On-site consultation/injury prevention programs**

Therapist assists employer in identifying potential unsafe work areas and in designing safety programs that can help reduce frequency of injuries.

**Safety education classes**

On-site staff and management education classes to help improve employee safety. Classes offered include back safety, ergonomics, etc. Classes are customized to meet your specific needs.

**Ergonomic evaluations**

Therapist assessment of employee workstation to help decrease risk of injury and improve productivity.

**Functional capacity evaluations**

Test that evaluates the employee's current abilities in multiple physical tasks.

**Work hardening and conditioning**

Program consisting of 4-hour days of job simulation and conditioning to help employee to safely transition back to work after an injury.

**Hand therapy**

Specialized therapists are available to treat employees who suffer injury to their hands and upper extremities. Wound care for injuries, burns or post-surgery capabilities.



# Safety and Education Programs

Northwestern Medicine Occupational Health provides safety and education programs that help companies comply with state and federal regulations. The programs also address specific needs from within your business. This is a partial list of the programs that we offer. There are many more that can be created and customized to address the needs of your business.

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- CPR training and certification
  - First aid training and certification
  - Blood-borne pathogen training
  - Stress reduction classes
  - Ergonomic workplace review and education
  - Proper lifting techniques and back education
  - Tuberculosis education and screening
  - Respirator fit testing and training
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**Supplemental on-site medical personnel**

Northwestern Medicine Occupational Health provides board-certified physicians, nurses and other clinical staff to support the medical needs of your business. Our experts specialize in occupational health and are well-trained in the changing climate of workplace health.

# Health and Wellness Programs

Northwestern Medicine Occupational Health wellness staff works with businesses to:

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Assess employee wellness levels

Identify high-risk areas

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This can assist you in investing healthcare dollars where they provide the most benefit for both your business and employees. After identifying areas of risk, our team of healthcare education professionals can customize programs for your business to help improve the health and safety of your employees.

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Health assessment programs

**A typical assessment and health promotion program might include:**

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Health-risk assessment survey

Laboratory tests, such as cholesterol, complete blood count and glucose screening

Blood pressure screening

Body fat analysis

Height and weight analysis

Health fair

Lunch and learn sessions

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Immunization programs

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Flu

Hepatitis A and B

Tetanus/diphtheria/pertussis

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## Travel Medicine Services

Travel medicine is a specialized area of health care focused on protecting international travelers from diseases and illnesses. Northwestern Medicine Travel Medicine tailors services specifically to you, the traveler. Our staff determines a preventive treatment plan based on your current health status, travel itinerary and the activities that you have scheduled while abroad.

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Our services include review of:

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Immunizations and medications

Food and water precautions

Insect precautions

Country-specific information

Your specific health conditions

Travel with children

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**To schedule an appointment for a Northwestern Medicine Travel Medicine consultation, please call 630.315.1730. TTY for the hearing impaired 630.933.4833.**

## Employee Assistance Program (EAP)

Employees are the most important assets of any business. The complexities of daily life outside of business—as well as the demands of today's work environment—often add stressful burdens to even the most valuable employees. Overall business stress, marital, financial and/or emotional problems can have a major effect on job performance. If not managed compassionately and confidentially, prolonged employee stress may leave your business vulnerable to reduced productivity, work quality, increased absenteeism, tardiness and medical costs. The costs to businesses are significant and cumulative.

Our EAP is a confidential service that provides your employees and their families with 24-hour access to licensed counselors.

This assistance and intervention can help your employees manage stress before job performance is affected. Employers may also direct employees to the EAP if a problem has been identified in a job performance appraisal. This strategy transforms performance appraisals from a potentially punitive tool to a compassionate, positive experience with a focus on progress.

**For information or to schedule a free consultation to discuss the cost savings our services may provide your company, please call 630.539.5246. TTY for the hearing impaired 630.933.4833.**

# Northwestern Medicine Occupational Health has locations close to where you live and work:

## **Aurora**

2635 Church Road  
Suite 105

## **Naperville**

636 Raymond Drive  
Suite 102

## **Bloomington**

245 South Gary Avenue  
Suite 200

## **St. Charles**

2900 Foxfield Road  
Suite 207

## **Glen Ellyn at**

### **HealthTrack Sports Wellness**

875 Roosevelt Road  
Suite 200

For more information or to schedule an appointment  
to discuss your company needs, call 630.539.5270.  
TTY for the hearing impaired 630.933.4833.

