

**CALL 808-296-1818 THEN ENTER THE 4-DIGIT CODE**

**Corporate Health Guide**

**Medical Savings**

- 5000** The Medical Corner
- 4200** Free Health Exam - Are you eligible?
- 4239** Why you need a company doctor
- 4457** Post offer physical, annual, exit exams
- 4421** Early return-to-work savings
- 4422** Drug-free workplace savings
- 4423** Sick-call abuse savings
- 4424** First aid savings and OSHA 200 Log
- 4425** Workers' compensation case management savings
- 4492** SimpleCare - your best price

**Physical Exams**

- 4458** Return-to-duty or fit-for-duty exam
- 4462** DOT/PUC/CDL exam - **\$25.00**
- 4459** Physical Performance Test/  
Functional Capacity Evaluation
- 4460** FAA Exam
- 4461** Coast Guard/Merchant Mariner
- 4463** Respirator/Asbestos exams
- 4240** State of Hawaii employment exam
- 4241** Hazardous waste (HAZWOPER)
- 4242** Hearing conservation exam
- 4243** Care-home operator exam
- 4244** Diving physical exam
- 4245** Crane and hoist exams

**Workers' Compensation**

- 4246** Work Injury
- 4247** Temporary disability
- 4248** Permanent-partial disability
- 4249** Changing your workers' compensation doctor
- 4250** Vocational rehabilitation

**Workforce Wellness**

- 4251** Health fair at your worksite?
- 4426** Educational classes
- 4152** Ergonomic standard
- 4428** Immunization programs—"Flu crew"
- 4399** Flu Shot
- 4398** Immunization Schedule
- 4252** Back safety
- 4430** Bloodborne pathogens
- 4431** Tuberculosis (TB) control
- 4433** Hazardous communication plan
- 4480** Hazardous materials
- 4253** MSDS (Material Safety Data Sheets)
- 4434** Hearing protection
- 4435** Personal Protective Equipment
- 4429** Cancer risk
- 4468** Workplace violence
- 4326** Stress Reduction
- 4254** Sexual harassment
- 4255** OSHA/Safety topic of the month

**Common Tests**

- 4256** Carpal Tunnel Syndrome Eval.
- 4489** CT Scan
- 4490** MRI
- 4491** EMG (Nerve Test)
- 4257** Tympanogram (Ear pressure)
- 4258** PFT (Lung evaluation)
- 4259** EKG (Heart evaluation)

**Topics of Interest**

- See pages 3,4&5 in Yellow Pages
- 4385** Dieting Tips
- 4397** Medical kit...just for your trip
- 4202** How To Lower Cholesterol

**Do You Do Drugs? - Screening**

- 4439** Types of drug screens
- 4440** Physical signs of drug abuse
- 4441** Symptoms of drug abuse
- 4442** Dealing with drug abuse
- 4437** Medical Review Officer (MRO)
- 4438** Substance Abuse Professional
- 4443** Your company's first positive test
- 4444** Breath alcohol testing
- 4445** Shy bladder and refusal to test
- 4446** Split testing
- 4447** Adulteration and dilution
- 4448** Second-hand smoke and other common excuses
- 4449** Prescription and other alternative medical explanations
- 4450** Poppy seeds
- 4451** Amphetamines / Ice
- 4452** Barbiturate tranquilizers
- 4453** Cocaine/crack
- 4455** Heroin
- 4456** Marijuana
- 4498** Hawaii's new medical marijuana law

**Work-Related Injuries**

- 4464** Carpal Tunnel Syndrome
- 4465** Cumulative Trauma Disorder (CTD)
- 4466** Video Display Terminal (VDT) eye strain
- 4470** Back pain management
- 4471** Neck and shoulder pain
- 4472** Nerve injuries
- 4473** Sick building syndrome
- 4474** Occupational rehabilitation
- 4264** Your work environment and allergies

**CORPORATE HEALTH GUIDE**



**No extra charge, just extra service.**

Trust "The Company Doctor" to answer your health questions everyday.

Press 5000 to learn more about The Medical Corner

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**THE MEDICAL CORNER**  
THE COMPANY DOCTOR