



## Daviness Community Hospital Employer Solutions Guide

Daviness Community Hospital's Employer Solutions program offers a wide variety of wellness opportunities to inform, educate, and execute a healthy lifestyle within employer groups. We offer preventive care services which can reduce workplace injuries, promote healthy living, and possibly lower cost of workers' compensation rates and claims. Daviness Community Hospital is committed to improving the health and wellness for the people of Daviness, Martin, Pike, Knox, Greene and Dubois counties.

It is free to enroll in our Employer Solutions program, which consists of Prevention Services, Injury Intervention, Employer Solutions Call Center, and Wellness Promotion. Along with free enrollment, we also offer an abundance of elective services, and access to discounted pricing. For more information call the DCH Employer Solutions Call Center at (812) 254-WORK (9675) or email [employers@dchosp.org](mailto:employers@dchosp.org).

### Employer Solutions Services

DCH Employer Solution program is designed to help provide on-going communication and easy access to health care services to you and your employees. Our goal is to improve overall health and wellness of your workforce. The basic components that make up our program include:

- **Occupational Health Services: *Injury Prevention***
  - Provide on-site education.
  - Schedule physicals, drug screens, and any other required pre-hire services needed.
  - Needs analysis of work-site.
  - On-site opportunities for many occupational health needs.
- **Workers Compensation Services: *Injury Intervention***
  - Cost-effective and efficient providers to ensure timely treatment.
  - Providers who understand the importance of completing Return-to-Work paperwork timely and accurately.
  - On-going communication regarding appointments, tests ordered, etc., to keep you informed about the status of your injured employee.
- **Group/Preventative Health and Wellness Services: *Wellness Promotion***
  - Review of preventative health benefits included in your group insurance plan.
  - Employee educational offerings.
  - On-site health events such as health fairs, lab draws, blood pressure screenings, etc.

### DCH Employer Solutions Call Center

- Do you need to schedule a pre-employment drug screen or physical?
  - DCH Employer Solutions Call Center schedules all non-DOT and DOT drug screens and physicals for you! Call (812) 254-WORK (9675).
- Do you need to schedule a wellness visit?
  - DCH Employer Solutions Call Center will schedule your visit with one of our DCH providers. Call (812) 254-WORK (9675).
- Are you interested in scheduling a Health Event?

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- DCH Employer Solutions Call Center will connect you with a consultant. Call (812) 254-WORK (9675).
- Do you have a claims adjuster requesting medical information?
  - DCH Employer Solutions Call Center works with you or the adjuster to get the needed information. Call (812) 254-WORK (9675).
- Have questions or need more information about DCH Employer Solutions?
  - Call the DCH Employer Solutions Call Center today at (812) 254-WORK (9675).

## Accessing Healthcare Made Simple for You and Your Dependents

Your organization has partnered with DCH Employer Solutions to make accessing healthcare simpler and more convenient for you and your dependents. Employer Solutions provides personalized scheduling and coordination of your medical services as well as your dependents' medical services, including:

- Routine wellness visits and screenings
- Drug & alcohol testing
- Immunizations and vaccinations
- Injury care and follow-up
- Health events and educational programs
- Much more!

### How to schedule your appointments:

- Call (812) 254-WORK (9675)
- Email [employers@dchosp.org](mailto:employers@dchosp.org)

## Employer-Based Clinics

DCH Employer Solutions offers flexible, direct-to-employer solutions to meet the health needs of employers and their employees. We will work with your benefits advisor and insurance broker to integrate customized solutions into your plan that work for you, your workforce, and their families.

**Near site employer clinics:** Near site employer clinics are ideal for small to mid-size employers, ranging from less than 25 employees to 250 employees. With this solution, employers can utilize existing DCH primary care clinics located throughout Daviness and Martin counties to maximize access and efficiency.

**On-site employer clinics:** Geared toward employers with 250 employees or more, on-site employer clinics are a cost-effective way to manage the healthcare of larger groups and can be setup on location. In many cases, the clinic may utilize existing space within the employer's operation.

### Benefits of employer-based clinics include:

- Managing and lowering total cost of care
- Reducing absenteeism
- Increasing productivity
- Improving population health
- Expanding access to care by removing traditional barriers

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- Effective recruitment and retention tool for an increasingly competitive job market

To learn more about DCH employer-based clinic solutions, contact the DCH Employer Solutions Call Center at (812) 254-WORK (9675) or email [employers@dchosp.org](mailto:employers@dchosp.org).

## Nutrition Counseling and Education

Registered Dietitian Nutritionist (RDN) may be scheduled for on-site counseling and education sessions for your employees. A variety of topics may be covered during these sessions including, but not limited to, cardiovascular health, weight loss, and diabetes.

The counseling and education sessions allow the RDN to learn about your individual employees while providing suggestions for change to improve health. Adding an RDN counseling and education session could reduce your employees' time away from work while increasing productivity through improved health.

If a campus visit is not something that will work for your facility, your employees can be referred to DCH's Diabetes and Nutrition Education where the employees can schedule a convenient time to meet with the RDN one-on-one. A primary care provider may also call (812) 254-9324 or fax (812) 254-2953 to establish an appointment.

For more information about DCH's Diabetes and Nutrition Education, call (812) 254-2760, ext. 1175 or visit [dchosp.org/dietitian](http://dchosp.org/dietitian).

## Industrial Medicine

Our Industrial Medicine team performs evaluations at the CORE Center located at 421 East Van Trees Street, Washington, IN. For more information, please call (812) 254-WORK (9675).

### Job Analysis

The foundation of an effective, legally compliant functional testing program is a job analysis that accurately measures the actual requirements of the job in a fair and reliable way. Daviness Community Hospital offers employers an array of job analysis services. DCH will customize the reports and results based on the information that the employer deems necessary so that it meets the functional purposes for which the employer intends to use the information.

The Daviness Community Hospital job analyst observes the performance of the position within the work environment. While on-site, the analyst interviews incumbent job experts (supervisors, managers and workers), identifies and observes the performance of essential job functions, and takes measurements to quantify the physical demands required to perform essential functions of the position.

### Job Descriptions

Our job description services go hand-in-hand with our Job Analysis services. Employers utilize job descriptions for a number of different functional purposes: to create a comprehensive and quantified profile of the physical demands of the position, to document the essential functions of the position that are required of an employee on the first day on the job, to draft job postings, to

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itemize the equipment required to perform the job, and to document environmental conditions in which the job is performed, etc.

Here is an actual sample of a description of physical demands from a job description from one of DCH's Employer Solutions employers: *"Physical demands are arduous. At times, it is necessary to lift items weighing up to 85 pounds. Kneeling, standing, bending, and working in awkward positions are evaluated whenever relevant. Good color vision is necessary for proper identification of different types of ammunition. Must be physically fit in order to possess an explosives driver's license."*

Here is the improved description we provided the employer: *"Employee needs to be physically fit in order to possess an explosives driver's license. This person needs to be able to lift 85 pounds frequently, 4-6 hours of the work day, from the floor to a 36" counter. This person needs to tolerate kneeling, up to 5 minutes, 25 times throughout the day. This person will stand 3-4 hours throughout the day. This person will need to have the flexibility to forward bend to move 25-pound artillery boxes from a 36" loading dock. This person will need to reach over head up to 72" from the floor to place 10-pound boxes on a shelf."*

### Occupational Health Hearing Test

The DCH CORE Rehabilitation Therapies staff can offer affordable hearing tests for your employees, with fast, computerized audiometers. This testing is OSHA-compliant for noise levels and documents. Minimal time off production for employees. **On-site testing is available** (service fee may apply for on-site visits with less than 20 participants.)

### Respirator Fit Testing

Fit testing evaluates the seal between a respirator and the face, identifying gaps or leaks that put workers at risk. Fit test results confirm if a mask will provide the right level of on-the-job protection needed. When implemented correctly, a respirator fit test and mask can help ensure that respiratory protection levels are achieved through a properly sized and donned respirator. Call (812) 254-WORK (9675) to schedule a respirator fit test. Tests are only done at the Daviness Community Hospital main campus.

### Pre-Employment Screening

Pre-employment screening represents a pillar of the Industrial Medicine program and helps to determine whether or not a job candidate can safely perform the essential functions of a particular position. This test is conducted before an official offer of employment has been made. The comprehensive Pre-Employment Screening test includes the following components:

- Blood Pressure Screen
- Strength Measures
- Flexibility Assessment
- Physical performance testing
  - Essential job functions testing to determine the capability to safely perform essential job functions
  - Dynamic lifting & progressive lifting sequence

The information gathered through the pre-employment testing will document and quantify if the potential employee is

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able to complete the essential job demands. The overall goal of the pre-employment screening is to match the worker to the work.

### Post-Employment Physical Testing

This non-medical test may be used preventatively and may be conducted periodically to ensure that existing employees continue to meet the physical demand criteria necessary to safely perform the essential functions of the job.

Employers may request this type of testing for all employees in a particular job class as part of their periodic monitoring to ensure that employees remain capable of performing physically demanding tasks. This test is similar to the new hire testing and can be utilized to help determine if an employee is better suited for a different position within the organization.

### Functional Capacity Evaluation (FCE)

The FCE is a full body, comprehensive medical test used to measure an employee's functional capacity and assist in injury management, whether the injury was sustained while at work or existed previously. The FCE test may be used alone to document existing impairments or may be used in combination with the Post-Offer Comprehensive test as a comparison against original baseline data. A functional capacity evaluation (FCE) should be conducted post-rehabilitation to determine the employee's ability to return to his or her job.

When compared against data previously collected, the FCE may be used to prove consistency and validity of performance and create realistic, objective rehabilitation goals, return work recommendations, or work conditioning programs to capitalize on injury management procedures. This information is invaluable to objectively move the patient through the system in a fair and timely manner. ***An FCE can only be completed with a provider's order.***

## Laboratory

### Breath Alcohol Testing

The Daviness Community Hospital laboratory staff are certified Breath Alcohol Technicians. Breath Alcohol Testing can be requested for Department of Transportation (DOT), post-accident or random testing. The laboratory staff are available to collect specimens on-site where appropriate facilities are available to ensure the chain of custody. Federal guidelines are followed for all breath alcohol testing to ensure accurate results.

### Drug and Alcohol Screening

The Daviness Community Hospital laboratory staff are DOT certified urine drug screen collectors, as well as, certified to collect hair samples for analysis. Urine samples are collected for drug analysis including DOT and non-DOT drug screens. In addition, the laboratory will collect urine for pre-employment, post-accident, random and reasonable suspicion purposes as requested. The laboratory staff are available to collect specimens on-site where appropriate facilities are available to ensure the chain of custody. Federal guidelines are followed for all drug screens to ensure accurate results every time. The laboratory also performs rapid drug screen testing, saliva drug screenings and eScreen services at the hospital lab site.

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## DCH Laboratory Locations

- Daviness Community Hospital Laboratory – 1314 East Walnut Street, Washington, IN.
  - Hours:
    - Monday-Friday 6 a.m. – 6 p.m.
    - Saturday 7 a.m. – 1 p.m.
- Daviness-Martin Medical Clinic – 12546 East US Highway 50, Loogootee, IN
  - Hours: Monday-Friday 8 a.m. – noon and 1-5 p.m.
- Montgomery Medical Clinic – 542 North 3<sup>rd</sup> Street, Montgomery, IN
  - Hours: Monday-Friday 8 a.m. – noon and 1-5 p.m.
- North Daviness Medical Clinic – 202 North West Street, Odon, IN
  - Hours: Monday-Friday 8 a.m. – noon and 1-5 p.m.
- Quick Care Clinic – 1805 South State Road 57, Washington, IN
  - Hours: Monday-Friday 8 a.m.-6 p.m.

All off-site laboratories have scheduled pickups twice daily to ensure that results are delivered in a timely manner.

## Women's Health

At DCH, our Women's Health Center provides expert, compassionate care for women during pregnancy, childbirth, and early motherhood. From high-risk pregnancy support to breastfeeding guidance and newborn safety, our services help mothers and babies thrive—close to home.

## Obstetrics & Maternity Services

From prenatal care and family education to delivery and postpartum recovery, our OB team offers family-centered care with advanced capabilities. As a Level II certified obstetric facility, we care for high-risk pregnancies with enhanced safety and expertise.

## Level II Nursery:

Certified by the Indiana Department of Health, our nursery provides care for newborns born at 32 weeks or later and weighing at least 3 pounds, including those recovering after NICU discharge.

## Lactation Services

Our board-certified lactation consultants offer expert breastfeeding support through inpatient visits, outpatient appointments, and monthly support groups. For more information about DCH Lactation Services, call (812) 254-2760, ext. 1344.

## Milk Depot/Milk Express Site

Daviness Community Hospital is proud to partner with The Milk Bank to offer both milk donation and local pickup of pasteurized donor human milk. Our Milk Depot makes it easy for approved donors to drop off milk that will nourish medically fragile infants. As a Milk Express Site, we also offer short-term access—up to 40 ounces—of pasteurized donor milk for families navigating breastfeeding challenges, illness, or transition. All donor milk is screened, tested, and pasteurized for safety by The Milk Bank. We support safe breastmilk donation to ensure more babies receive the nutrition they need.

For more information about DCH Milk Depot/Milk Express Site, call (812) 254-2760, ext. 1344.

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## Perinatal Pathways

Our Perinatal Pathways program is dedicated to reducing infant mortality by supporting expectant mothers and families through education, screening, and resource coordination.

Led by Perinatal Navigator Desireé Lewis, BSN, RN, CHC, this program connects women—especially those with medical conditions or barriers to care—to vital health services, including prenatal visits, social service referrals, and infant care education. We provide individualized support to help families experience a healthier pregnancy, delivery, and postpartum journey. This program provides care coordination and education for women experiencing high-risk pregnancies.

For more information about DCH Perinatal Pathways, call (812) 254-2760, ext. 1333.

## Safe Sleep Program

We prioritize your baby's safety by providing education and resources on safe sleep practices to protect your newborn from sleep-related dangers.

If you would like to learn more about our Safe Sleep Program, call the DCH Perinatal Pathways program at (812) 254-2760, ext. 1333.

## Child Passenger Safety

Certified Child Passenger Safety Technicians are available to educate and assist parents in properly installing car seats and ensuring your child's safe travel.

For more information, contact the DCH Child Passenger Safety program at (812) 254-2760, ext. 1359.

For more information about DCH Women's Health Center and its services, call (812) 254-2760 or visit [dchosp.org/women](http://dchosp.org/women).

## Immunizations & American Heart Association Classes

### Job-related Immunizations

Influenza vaccinations are available each fall prior to flu season and can be given on-site at your company upon request. Vaccinations to protect against Hepatitis A, Hepatitis B and Tdap (Tetanus, Diphtheria, Pertussis) are also available by request. Our trained nursing staff is available to meet your needs by customizing dates and times convenient for company employees.

### American Heart Association Training Courses

Classroom training (led by a certified instructor) for the American Heart Association (AHA) courses include:

- **Healthcare Provider CPR:** A Basic Life Support (BLS) course offered for licensed and certified health care professionals. This course will include CPR for all ages, 2-person CPR, use of AED, bag-valve mask ventilation, and relief for choking. Participants must successfully complete a written test and skills evaluation to receive a course completion card.
- **Heartsaver CPR with AED Training Course:** This course is designed for lay personnel who serve as rescuers as part of their job responsibilities and also for the general public. Skills

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taught include CPR for all ages, use of an AED, and relief for choking. In order to complete the course and receive a completion card, participants must successfully complete a skills evaluation.

- **First Aid:** This course provides information on how to manage illness and injuries in the first few minutes of an emergency until professional help arrives. Course includes discussion and basic first aid training for medical emergencies (heart attack, stroke, diabetes, etc.) workplace injuries (control of bleeding, head injury, sprains, etc.) Participants must perform first aid skills and successfully complete a skills evaluation.
- **Blended Learning Courses:** The American Heart Association also offers on-line AHA courses for CPR and First Aid at [www.onlineAHA.org](http://www.onlineAHA.org). These courses require a separate fee to be paid to the AHA. Click "course catalog" then select the needed course. Once completed, print the certificate and call DCH 812-254-2760 ext. 1147 to schedule a skills check-off to complete certification (additional fee to DCH). Skills check-off sessions are offered on Heartcode BLS, Heartsaver CPR with AED and Heartsaver First Aid CPR with AED.

Classes are routinely scheduled in the Daviness Community Hospital Education Center or work-site training may be available depending on class size and location.

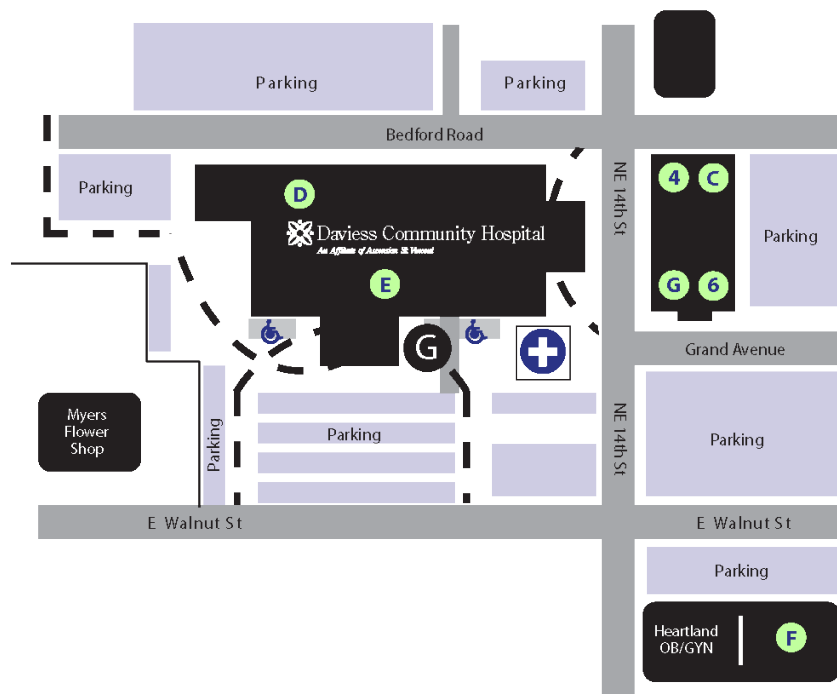
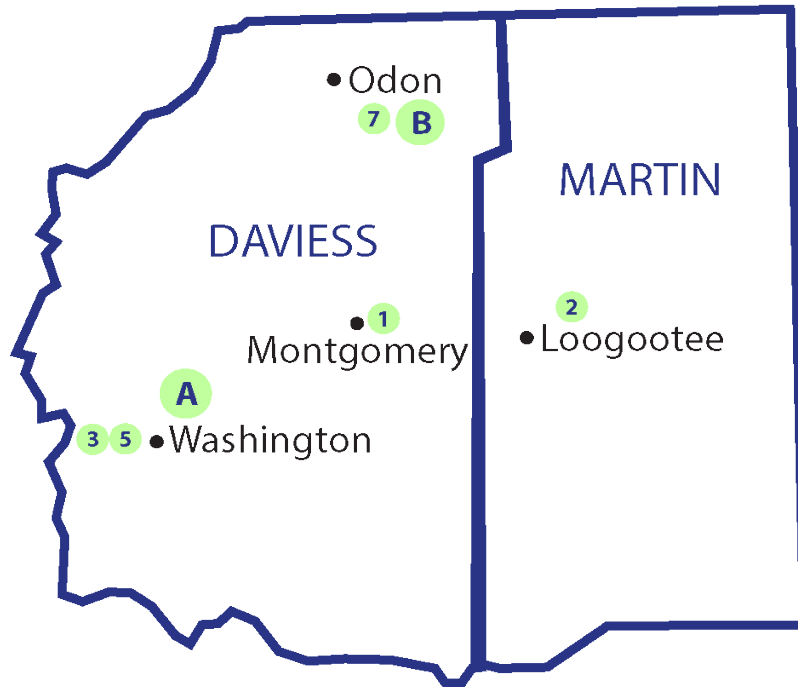
For more information, contact: DCH Occupational Health Nurse at (812) 254-2760, ext. 1147.

## Locations

- **HOSPITAL: Daviness Community Hospital:** 1314 E. Walnut, Washington, IN
- **OUTPATIENT CLINICS:**
  1. **Daviness Community Hospital Montgomery Medical Clinic:** 542 North 3<sup>rd</sup> Street, Montgomery, IN
  2. **Daviness Martin Medical Clinic:** 12546 East Highway 50, Loogootee, IN
  3. **DCH Health Pavilion:** 1805 South SR 57, Washington, IN
  4. **DCH Medical Clinic:** 1400 Grand Avenue, Washington, IN
  5. **DCH Quick Care Clinic:** 1805 South SR 57, Washington, IN
  6. **Grand Avenue Pediatrics:** 1402 Grand Avenue, Washington, IN
  7. **North Daviness Medical Clinic:** 202 N. West Street, Odon, IN
- **SPECIALTY CLINICS:**
  - A. **CORE Center:** 421 East Van Trees Street, Washington IN
  - B. **CORE Center at North Daviness:** 800 South West Street, Odon, IN
  - C. **DCH Urology:** 1400 Grand Avenue, Washington, IN
  - D. **DCH Specialty Clinic:** 1314 East Walnut Street, Washington, IN
  - E. **The Lohano Center for Advanced Medicine:** 1314 East Walnut Street, Washington, IN
  - F. **Washington Surgical Associates:** 1401 Memorial Avenue, #C, Washington, IN
  - G. **Wound Care Center:** 300 NE 14<sup>th</sup> Street, Washington, IN

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