

**BAPTIST URGENT CARE AND OCCUPATIONAL HEALTH****BAPTIST URGENT CARE**

Phone: 850.208.6130  
Now offering  
Baptist EasySchedule  
7 a.m. to 7 p.m.  
Open seven days a week

**Urgent Care Nine Mile**

9400 University Parkway, Suite 101  
Pensacola, FL 32514

**Urgent Care Airport**

5100 North 12th Ave., Suite 101  
Pensacola, FL 32504

**Occupational Health**

7 a.m. to 5 p.m.  
Open Mon. through Fri.  
9400 University Parkway, Suite 401  
Pensacola, FL 32514  
  
Scheduled appointments preferred.  
Walk-ins welcome.  
850.208.6400  
occupationalhealthdept@bhcpns.org

**VISIT OUR WEBSITE:**

BaptistMedicalGroup.org/  
baptist-occupational-health

iSystoc access available 24/7 from any  
secure computer for all your  
occupational health documentation

**For more information on iSystoc and  
all of our corporate occupational  
health services, contact:**

Lee.Irving@bhcpns.org  
850.723.8401

## A message from your provider...



**Dr. Frank Francone, MD**

**Medical Director Update:**

As September 1st rolls around, we are excited to announce the return of Dr. Frank Francone MD to the Baptist Occupational Health team. Dr. Francone will be re-integrating into the role of Medical Director for Baptist Occupational Health as well as seeing patients at the Baptist Medical Park Nine Mile location located in Suite 401.

Dr. Francone was previously the Medical Director for Baptist Occupational Health and returns to the role as a well respected provider in the local industrial and working community. Dr. Francone has also added two certifications to his name as he is now a certified Federal Aviation Association provider, and Immigration Physical provider. This expands the already comprehensive services we offer at Baptist Occupational Health at our BMP 9 Mile location.

**Flu Season:**

October typically signals the start of influenza, or flu season. During this time period many people receive the flu vaccine for the upcoming year. Here at Baptist Occupational Health we are no different, and highly recommend getting flu vaccinations to protect your workforce. As October gets closer and the vaccine for this upcoming year becomes available, Baptist Occupational Health will be sending more information out regarding offering the vaccine to local employers and employees to assist with keeping them safe and flu free in the upcoming months. Baptist Occupational Health would be happy to perform "flu clinics" for local employers whereby many employees can receive the flu vaccination onsite in a scheduled time convenient for the employer and employee. Vaccinating your workforce is one of the safest ways to a healthy flu season for your workforce and their families.

## Services Provided

### Physical Examinations:

- Department of Transportation (DOT)
- Explosive handlers physical
- Fitness for duty/return to work
- Merchant mariner exams
- Respirator clearance exams
- Periodic surveillance exams
- Firefighter annual exams

### Injury Care Treatment:

- Workers' compensation initial visit
- Workers' compensation follow-up
- Blood borne pathogen exposure

### Substance Screening and Tests:

- Blood alcohol and breath alcohol
- Hair sample collection
- Urine drug screens
  - 5 and 10 panel instant and send out
- Saliva testing
- Random selection drug screening programs
- Medical review officer services

### OSHA Required Surveillance:

- Silica respirator exams
- Audiograms/hearing conservation
- Asbestos, benzene, cadmium, lead, mercury, pesticides

### Nursing Services:

- Back fitness assessment
- Electrocardiogram (EKG)
- Pulmonary function testing (PFT)
- Respirator fit testing, quantitative and qualitative
- Vision screenings
- Lift test/physical agility test
- Blood draws and titers
- Routine immunizations
- Travel immunizations
- Tuberculosis testing PPD and QuantiFERON® Gold

## Healthy Aging Month:

September is Healthy Aging Month. As an employer, you are probably well aware of the fact that the workforce is aging and as an employee it may seem like retirement is getting further away rather than closer. In 1998, the average age of the US workforce was 38.75 years of age and in 2018 that has increased to 41.9 years of age across all industries. As an employer, there are opportunities to help to promote healthy aging in the workforce

- Focus on general prevention by offering rebates on health insurance for healthy choices such as being nicotine free or getting annual check-ups with a physician
- Have a Health Board with updated health information available to all employees in the break room or flyers above the water cooler
- Offer preventative incentives like reduced gym membership fees to promote a healthy lifestyle away from the workplace, or have a gym in the workplace that employees can access during breaks
- Avoid long chair time for those who work in a seated position. Encourage employees move for 5 minutes each hour, and get up at least to stand and stretch every hour. Additionally, promote good body mechanics and ergonomics in the workplace to minimize the risk of injury
- Provide educational materials on eating healthy and exercising appropriately or try to have "lunch and learn" activities with local physicians or health educators on topics that promote healthy activities, healthy eating, and an overall healthy lifestyle
- Arrange an annual Health Fair highlighting the local health market such as gyms, health food stores, opticians, and Primary Care/Specialty physicians. These can include screenings such as vision, weight, blood pressure cholesterol, blood sugar, and BMI. Information on age related screenings such as when to get a colonoscopy, mammogram, prostate check, and other age related concerns should be available.
- Encourage employees to make the most of their time off, and to take it every year. This helps with reducing stress, and provides a mental break away from the workplace which is key to a healthy body

For more information on Baptist Occupational Health and Urgent Care services, contact: Lee Irving [lee.irving@bhcpns.org](mailto:lee.irving@bhcpns.org) Ph: 850.208.6424

### **Baptist Urgent Care – Airport**

5100 North 12<sup>th</sup> Ave., Suite 101  
Pensacola, FL  
850.208.6130

**Open on Labor Day**

**Monday, Sept. 7, 7 a.m. - 7 p.m.**

### **Baptist Urgent Care – Nine Mile**

9400 University Parkway, Suite 101A  
Pensacola, FL  
850.208.6130

**Open on Labor Day**

**Monday, Sept. 7, 7 a.m. - 3 p.m.**



Live Well. Work Well.