

### **WELCOME DR. SMITH**

Providence Occupational Health is pleased to introduce a valued new member of our medical practitioner team. Joseph Smith, MD, MPH received his undergraduate and medical degrees from George Washington University. He is a diplomat of the American Osteopathic Board of Preventive Medicine with Certification in Occupational and Environmental Medicine and carries a Master's Degree in Public Health. Dr. Smith has over twenty-three years of occupational medicine practice experience. He is also experienced in primary care, emergency and military medicine. Following an orientation period rotating through our various Portland locations Dr. Smith is expected to primarily serve at our Northwest clinic. We are blessed to have Dr. Smith sharing his talents with us and are very pleased to welcome him to our team.

### **KEEP YOUR EMPLOYEES HEALTHY DURING FLU SEASON**

Providence is pleased to once again offer on-site flu shot clinics through our Workplace Health Services division. New this year - we have the ability to invoice most insurance companies directly for these services (billed as a pharmacy benefit). If you are interested or have questions, please contact Kim Leinberger, Employer Sales Specialist at [kim.leinberger@providence.org](mailto:kim.leinberger@providence.org) or 503-893-6071. A few more details:

- \$26/vaccination
- 10 flu-shot minimum for onsite services
- \$150 onsite fee for employers with 10 - 24 participants (no onsite fee for 25+ participants)
- If extended hours are required an additional fee of \$100/hour may apply

### **DID YOU CHANGE YOUR DRUG TESTING LAB?**

If you previously had a direct account with PeaceHealth Lab (formerly OML) and have selected a new laboratory for your drug testing services, please remember to let us know so we can update our records. If we do not have current information on file you may experience delays in drug test collection services until we are able to update our records.

### **UPCOMING HEALTH EDUCATION CLASSES**

Providence has designed a great schedule of fall classes to help you and your employees try new things or kick some old habits. A few of our offerings are listed below. Please visit [www.providence.org/classes](http://www.providence.org/classes) for a complete list and to register for classes.

- A Healthy Weigh: Weight Management program
- Mindfulness-Based Stress Reduction Basics
- Soaring Crane Qigong
- Yoga for Relaxation
- Smoking Cessation

### **WHO DO I CONTACT FOR HELP?**

Our Client Services Team is here to help you with your service needs. If you have questions about services, need to add or change instructions, or have any service issues - we are happy to help:

- Clackamas area and NW East of River:
  - Laura Cook, Client Services Representative, [laura.cook@providence.org](mailto:laura.cook@providence.org), Ph: 503-215-2844
- Tanasbourne area and NW West of River:
  - April Hettman, Client Services Representative, [april.hettman@providence.org](mailto:april.hettman@providence.org), Ph: 503-216-7965
- Any Area:
  - Leigh McCarthy, Workplace Health Services - Regional Sales Manager, [leigh.mccarthy@providence.org](mailto:leigh.mccarthy@providence.org), Ph: 503-216-7970
  - James Cooke, MSN, FNP-C, Occupational Health Program Manager, [james.cooke@providence.org](mailto:james.cooke@providence.org)