

# WorkWell: partners in your success



*SMMC WorkWell:*  
One Medical Center Drive  
Biddeford, ME 04005  
**(207) 283-7600**

*Hospital:*  
PO Box 626  
One Medical Center Drive  
Biddeford, ME 04005  
**(207) 283-7000**

*Diagnostic and Therapy centers:*  
9 Health Care Drive  
Biddeford, ME 04005  
**(207) 282-9080**

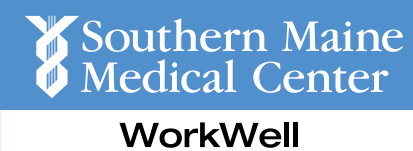
4 Shape Drive, Suite 1  
Kennebunk, ME 04043  
**(207) 467-6999**

13 Industrial Park Road  
Saco, ME 04072  
**(207) 283-7226**

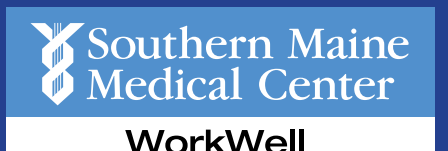
*SMMC Visiting Nurses:*  
72 Main Street  
Kennebunk, ME 04043  
**(207) 985-1000**

235 Main Street  
Biddeford, ME 04005  
**(207) 283-7680**

**www.smmc.org**



*SMMC is an affiliate of the MaineHealth Family*



A company's greatest asset is its people. As the largest employer in York County, Southern Maine Medical Center (SMMC) understands how critical it is to ensure employees' health and safety for the long term success of any organization. SMMC's **WorkWell** program offers comprehensive occupational health services which focus on the importance of preventing injuries through worksite safety, diagnosing and treating injuries, and getting your employees back to work sooner.

SMMC's **WorkWell** is here to save your business time, ensure easy access to care and provide a variety of general and customized services. The newest, most advanced technology, *Systoc Systems*, is now available enabling your business to go online in real time and track an employee's recovery plans and equate exact productivity hours lost. These reports will save your business numerous hours of compiling data and it is all included in SMMC's **WorkWell's** competitive pricing.

## Pre-Employment Services

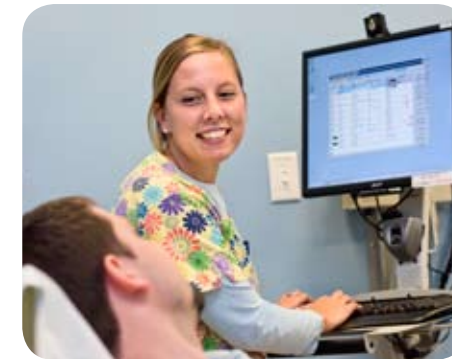
Hiring the best staff is the first step to a successful work environment. SMMC's **WorkWell** provides comprehensive drug and alcohol testing for both the Department of Transportation (DOT), as well as Non-DOT drug-free workplace environments. These services include:

- DOT drug and alcohol testing
- DOT/ICC physicals
- Medical Review Officer services
- Collection, screening and processing of drug and alcohol testing
- Randomizing and record keeping
- Pre-employment services
- Assistance with drug-free workplace policy development

## Prevention and Education Programs

Our programs are designed to enhance the safety and quality of the work environment and individual lifestyles. The bottom line: safer, healthier individuals mean a more productive and positive workforce. SMMC's **WorkWell** offers on-site or clinical-based services, including:

- Immunizations (flu shots, TB testing, measles, mumps, rubella, rabies, chicken pox, tetanus, pre-exposure rabies, post exposure rabies, Hepatitis A, Hepatitis B, and Twinrix Hepatitis A/B)
- Travel Immunization Program
- Pre-and post exposure blood and body fluid counseling and treatment
- Lead and heavy metal testing
- Lab work to determine need for vaccines
- Back training classes
- Video display terminal training
- Audiometry testing
- Proper body mechanic classes
- Ergonomic worksite analysis
- Post-offer back assessments and physicals
- Upper extremity/Cumulative Trauma Disorder Prevention
- Stretching programs
- CPR and first aid courses
- Smoking cessation programs
- Employee Assistance Program
- Health and wellness screenings, including cholesterol and pulmonary function testing



## Injury Management

Injury management services are available, offering accurate diagnoses, direct communication with both you and the employee, and full accessibility to SMMC's medical and rehabilitative services, including physical and occupational therapies. It is our goal to ensure you and your employees receive the best service possible, including:

- 24 hour care, 365 days a week – during off hours, your employees will be seen by SMMC's emergency trained physicians in York County's premier state-of-the-art emergency center. An electronic medical record is utilized so any tests and results can be viewed by the **WorkWell** physician providing continuity of care.
- Online progress reports
- Follow-up consultations
- Identification of alternative duty for injured employees
- Pharmacy services for injured employees
- Full reports of Emergency Department physician treatments (diagnosis, work capacity orders, discharge instructions)
- Acute rehabilitative injury management
- Specialty evaluations such as functional capacity and fitness for duty

SMMC's **WorkWell** is backed by Southern Maine Medical Center, York County's leading medical center which has been rated **One of the Top 12 Hospitals in the Nation** for patient satisfaction three years in a row by Avatar, an independent national patient survey organization. From the moment you call SMMC's **WorkWell**, you'll have an award-winning medical center team working as your partner in maximizing employee health and safety.

To learn how SMMC's **WorkWell** can customize services for your company's individual needs, **please call 207-283-7600.**

