

***NEWS YOU CAN USE***  
***6th Issue, June 2008***  
***www.tcohr.com***

**Partnering with employers and workers to prevent workplace injuries  
and to return injured workers to productivity as soon as possible.**

***Welcome!***

Julie Fill, PA-C. is a certified Physician's Assistant primarily working at our South clinic.

PAs diagnose, prescribe and treat patients, operating independently, with physician supervision through chart reviews and consultations.

Julie is a 2004 Graduate of Duquesne University in Pittsburgh, and has been working in an occupational medicine clinic for Northwest Airlines at the MSP terminal until recently. There, she treated Ground Operations – Baggage Handlers, Flight Attendants and Pilots for all types of injuries and illnesses.

Another life-long interest of Julie's is working with animals, so this Spring, Julie completed her boards in Veterinary Medicine, having graduated from the program here at the University of Minnesota. So, this makes Julie a D.V.M., PA-C...not a common combination!

Asked what she likes most about her work, Julie values opportunities to be an open ear for patients, finding that listening not only makes her a better clinician, but also helps patients to feel better, even to the degree that pain levels can be reduced. "I try to practice the best medicine I can, and listening is a big part of that."

She also enjoys project-type work, so things like suturing wounds and performing small animal surgeries are challenging and interesting to her.

Please join us in welcoming Julie to our team. We are glad to be working with her!

***Poster with Map Tear-Off Sheets***

Would you like a laminated poster with tear-off maps and phone numbers for both of our clinics? Please call or email Jim at (651) 224-8264 or [jsebesta@tcohr.com](mailto:jsebesta@tcohr.com)

***eScreen Instant Drug Testing Sites***

Beginning the second week of June, both TCOHR clinics will have installed eScreen's new eCup readers for instant drug testing.

eScreen's revolutionary system provides a completely instant testing solution with laboratory-like accuracy. Step-by-step protocols ensure consistency and total electronic form completion. Optical eReader™ technology determines test results under seal, leaving no room for human or procedural error. Results are reported instantly via MyeScreen.com.

Instant testing is appropriate for non-DOT drug screens. Negative test results are posted within minutes to help employers make sound hiring and staffing decisions. Chain of Custody's and drug screen results are secure and paperless.

Using a simple Excel spreadsheet formatted to upload your employee data, eScreen provides you with a Random Generator, enabling you to create a non-discriminatory list of your employees who will be selected for random drug and/or alcohol testing.

While TCOHR does not require appointments for drug and alcohol collections, eScreen allows employers to generate an ePassport for donors, directing them to the clinic location, tracking missed events, times of collections and donor status. Test result reports, Summary reports, Turnaround Time reports and Statistics reports are all available as you like, all easily exported to Excel or other applications.

Interested in learning more? Please contact Jim at the number or email address in the column to the left.



***TCOHR's Partial Preferred Referral Network***

The Builders Group / Meadowbrook  
Zenith Administrators  
CorVel Corp.  
EMPO Corp.  
UCWCP  
NECA  
WorkWell  
Tri-Care / Tri-West

***Reasonable Suspicion Training***

Advanced Drug Testing, the agency TCOHR uses as its house account Medical Review Officer (MRO) is offering employer's Reasonable Suspicion Training. Training will be held June 4<sup>th</sup> from 1 to 3:15 in St. Paul. Class fee is \$50 to ADT. To register, contact Jen Fax: 701.577.0498  
Em: [adtinc@skylandnd.net](mailto:adtinc@skylandnd.net)

***Controlling Work Comp Insurance Costs***

***By Tim Blahnik ([tim@blahnikinsurance.com](mailto:tim@blahnikinsurance.com))***

Every year workers compensation costs will change (usually they seem to go up) - Partly because the cost is based on your business payroll. But there are other reasons the cost will change – *and you can do things to help keep those costs down.*

To start, you need to understand that your claims affect your Experience Modification Factor. This factor is calculated by the state workers compensation bureau each year. It compares your losses to the "expected" losses that a similar company will have. The fewer and the less severe the claims, this factor will go down and you are more likely to see premium savings.

The second factor is the insurance company discount. They don't want you to have claims, and if you can demonstrate that your company takes claims seriously, the insurance company may provide additional discounts.

Here are some of the basic steps that your company should take in order to get favorable pricing (i.e. discounts) from a workers compensation insurance company:

Define job duties and proper practices:

Make sure employees know what their job responsibilities are. Make sure that they know the right way to do their job – and if there is a wrong way

(or dangerous way) to perform their job, provide ongoing training and reinforcement in ways those dangers can be avoided.

Written Safety Program:

Insurance companies are just like you – they want your business to have a safe work environment. That is why it's important to have safety standards, communicate them to employees, and to continually reinforce those standards.

Return to Work Program:

Insurance companies know that employees will get injured. They also know that the sooner an employee returns to work, the lower the cost will be. If you can bring employees back to work, part-time or for limited duties, you will reduce the overall cost of the claim. Occupational Medicine clinics are designed to clearly describe what limitations an employee has, how they can work within those limitations, and how long injuries may require limited duty.

Some steps are more challenging than others, but the time you spend can save you thousands!

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**Thank-you from all of us at TCOHR!**

**Bob, Penny, Katie, Jan, Donna, Lis, Julie, Jim,  
Amanda, Tom, Toni, Alissa, Dr.'s Kemper,  
Huset and Laurino!**

Interested in **back-issues** of the TCOHR newsletter? Maps to our clinics?

[www.tcohr.com](http://www.tcohr.com)

You can also download **Sample Reports, Referral & Authorization Forms** and the current TCOHR **Brochure**

**Has your insurance carrier changed?**

Please fax any changes to Jim at (651) 224 – 8265 or email them to

[info@tcohr.com](mailto:info@tcohr.com)