

# Medical Exam Programs



**Consistent medical decisions,  
proven best practices**

**CHS**

Comprehensive  
Health Services



## Quality, convenience and speed

**Comprehensive Health Services offers a custom selection of quick and accurate medical exams designed to fit the nuances of nearly any business or organization.** CHS' health care professionals are among the most qualified and experienced in corporate medicine and occupational health and wellness. Our national health care provider network includes credentialed physicians and other health care providers *under contract in over 10,000 locations.*

CHS makes the medical exam process and the decisions involved *accessible* to each employee/applicant and *consistent* to the employer. We manage all exam activities, from determining eligibility and monitoring when exams are due, to scheduling and conducting them. Our corporate physicians provide reviews for consistency and we report results to employers. To keep companies apprised of progress, our Client Access System (CAS) ensures our customers know the exam status of every employee/applicant on a real-time basis.

As partners with CHS, our customers can expect medical examination programs that are:

- Convenient
- Consistent
- Compliant
- Complete
- Quick



## Programs to fit every need

CHS Medical Exam Programs address all aspects of employer requirements and both OSHA and ADA regulatory compliance.

- **Pre-placement/post-offer exams:** Determination of a candidate's physical ability to safely perform essential job functions
- **Periodic/executive exams:** Medical and lifestyle-improvement recommendations
- **Medical surveillance:** Managing the health status of employees/applicants exposed to chemical, physical or biological hazards in the workplace, in compliance with OSHA and other regulatory or corporate specified programs
- **Fitness-for-duty exams:** Tracking for employee/applicant re-examination, yielding the most accurate occupational health and wellness decisions on eligibility
- **DOT and non-regulated drug testing programs:** Testing, collection and certified MRO review
- **Special travel medicine exams:** Monitoring of international travel requirements to ensure proper and current immunizations, travel medicine consultation or counseling
- **Deployment exams:** Special travel exams for fulfilling contractual requirements mandated for international government-related civilian, public and private sector appointments

## Exam components

CHS Medical Exam Programs offer a broad range of exam components and complexity of medical tests. A sampling includes:

- **Medical history and physical examination:** Comprehensive, in-depth medical review of employee/applicants' health history as it relates to job assignment—including past and current medical concerns—followed by a comprehensive physical exam
- **Hearing test:** State-of-the-art medical equipment evaluations based on job requirement



- **Vision screening:** Near and distant visual acuity, color, depth perception and/or peripheral vision
- **Spirometry:** Screening test to assess lung function
- **Tonometry:** Glaucoma testing
- **Electrocardiogram:** Screening for possible heart abnormalities
- **Cardiac stress test:** Electrocardiogram performed during exercise to screen for heart abnormalities which might not be present at rest
- **Complete lipid profile:** Total cholesterol, LDL, HDL, HDL/total cholesterol ratio and triglycerides
- **Complete blood count:** Measurement of blood components such as red and white blood cells and platelets
- **Blood chemistries:** Analysis of multiple aspects of the chemistry of the blood, including liver, kidney, bone and metabolic functions
- **Urinalysis:** Analysis for urinary tract and other metabolic abnormalities
- **Prostate specific antigen (PSA):** Prostate cancer screening blood test
- **Mammogram:** X-ray of the breast to screen for breast cancer
- **Hemoccult test:** Colorectal cancer screening
- **Chest x-ray:** Evaluation of structures in the chest, including heart and lungs
- **Biological monitoring:** A tool for monitoring exposure to hazardous substances in the workplace



We follow up each examination with medical reporting as appropriate. For consistency and quality assurance, a review of all exams is performed by the CHS corporate medical team. Recommendations are made for further evaluation wherever warranted. Our unified system closely links exams with risk abatement, compliance requirements and reporting.

## A better system for maintaining health

CHS' Medical Examination Programs represent an effective approach to maintaining healthier, more productive employees and a more efficient organization. We believe in the value of *proactive* employee health care. We have established the value of going beyond on-the-job risk patterns to view lifestyle and associated risk factors.

Our goal is to address occupational health and wellness issues with solutions that are so efficient that they drive value across the organization, all the way to the bottom line.

With 10,000 facilities across the nation, exams can be scheduled promptly. Authorized procedures and detailed instructions are provided to the examining physician to avoid delays and make sure the exam covers everything correctly – the first time.

We have designed a platform of information technology that includes advanced systems for program management, follow-up and reporting. Our automated processing and quality control system manages many of the most crucial components:

- Employee/applicant demographics
- Compliance program eligibility and clearance
- Scheduling requirements
- Medical ratings
- Progress tracking of exams
- Maintenance of complete employee exam history
- Medical and testing components involved

Results are reviewed by CHS corporate physicians to make sure occupational health decisions are consistent across the workforce. Consistent and accurate results and ratings yield determinations that withstand the closest scrutiny, particularly in matters of compliance, legal issues or organized labor obligations.

Over 30 years of experience serving the largest organizations in the public, private and government sectors provides CHS with the tools and best practices to help deliver:

- Healthier, more stable workforce
- Increased workforce productivity
- Lower employee health costs
- Fewer lost workdays
- Lower disability claims and costs
- Deserved reputation as an employer of choice
- Strengthened bottom line



**For more information on  
CHS Medical Examination  
Programs, please call  
1-800-761-6333 or visit  
[www.chsmedical.com](http://www.chsmedical.com)**

# About CHS

Founded in 1975, Comprehensive Health Services, Inc. (CHS) is a leader in the management of nationwide workforce health programs. We offer major corporations and government agencies flexible, customized employee health services, from pre-placement and fitness-for-duty exams to workers' compensation, disability and case management, medical surveillance, and wellness and health promotion programs.

CHS is the only major firm with a broad, three-fold service delivery capability—worksite health programs, an extensive national network of health care providers, and medical readiness teams. This approach enables us to build the most flexible and ideal workforce health programs to fit the special needs of each client's workforce demographics, health risks, and productivity goals. *Our services are available individually, in clusters, or as a single, comprehensive and seamless employee health program.*

- Onsite Health Centers
- Medical Exams
- Wellness and Health Promotion
- Absence Management
- Environmental Health and Safety

We partner with our customers to understand their businesses and build customized solutions that put employees first. CHS' proactive, comprehensive approach—refined by best practices built on decades of experience—helps customers maintain a healthier, more stable and productive workforce.



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Health Services

For more information visit [www.chsmedical.com](http://www.chsmedical.com)