

Physical Exam Services

How do Physical Examinations Benefit My Company?

- Develop a medical history to use in the event of an emergency.
- Aid in discovery of pre-existing conditions that may be contagious.
- Provide a basis for determination of special needs in the area of reasonable accommodations as related to the job.
- Placement of employees in jobs that are safe for them
- Compliance with OSHA and Department of Transportation (DOT) regulations requiring post-job offer or periodic exams
- Baseline medical information that can be used as a standard in the event of subsequent injury or illness
- Provision of personalized medical information to employees to help them prevent on-the-job injury or unhealthy lifestyle choices

Pre-placement physical examinations help place employees in jobs that are safe for them by identifying any conditions that may prevent performance of an assigned task or cause a work restriction or limitation.

Integ▼Net offers a thorough physical exam. The exams are designed not only to focus on issue identification, but also emphasize employee education to encourage individual responsibility for personal health, and the prevention of injury and illness. The Integ▼Net medical staff will also facilitate a referral to an employee's personal provider whenever examination results warrant.

About the Physical Exam Services

Examinations such as pre-placement, annual/periodic and DOT are available with Integ▼Net. Examinations are performed by a master's-prepared family nurse practitioner or an advanced-degree nurse with occupational exam training.

All physical exam services are under the immediate direction of Integ▼Net's medical director.

The physical exam regimen can be customized to satisfy individual employer needs around work conditions, job standards, government requirements, workforce composition and the corporate culture on employee health and safety.

A standard physical examination consists of:

A comprehensive medical history, occupational health history and the following comprehensive hands-on exams:

- Ear, nose, throat and thyroid
- Cardiovascular and respiratory assessment
- Abdominal, including hernia
- Dermatological assessment
- Neurological, including mental state, cranial nerves, coordination and reflexes, repetitive motion screen
- Height, weight and blood pressure
- Vision screening
- Lymph nodes
- Posture
- Male & female exam per request
- Varicose veins
- Skin, hair and nails
- Scars/deformities
- Upper extremities
- Lower extremities
- Spine
- Health promotion counseling

Referral to healthcare provider for abnormal findings.

Many additional medical tests and evaluations can be performed at the time of the examination, including:

- OSHA-required hearing exams
- Pulmonary function tests
- Drug screening service
- Back and lifting capacity evaluations
- Vaccinations and laboratory tests
- Back exam
- Tasks evaluation
- Audiogram



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