

## Basic Occupational Health Center Services (BOHCS)

Federal Occupational Health (FOH) operates more than 300 Health Centers across the country, providing services to nearly a million Federal employees each year. FOH Health Center services enhance the health and well-being of employees and maximize productivity by minimizing time away from work. The BOHCS package includes:

### *On-site First Aid and Emergency Response*

FOH professionals provide first aid for minor injuries and illnesses, respond to medical emergencies, and refer employees to primary care providers for follow-up care.

### *Immunizations*

FOH Health Centers provide immunizations against influenza, tetanus and pneumonia. Current information for required and recommended vaccinations for travel abroad, whether for government business or pleasure, is also provided.

### *Physician-Prescribed Services*

To minimize time away from work, FOH medical staff will administer services prescribed by the employee's personal physician, such as allergy treatments, blood pressure and glucose monitoring.

### *Health Awareness Programs*

FOH offers workshops on topics such as cancer risks, nutrition, smoking cessation, and stress reduction. These programs, in combination with FOH health education materials, empower employees to make lifestyle changes that improve their health and well being.

### *Health Screenings*

FOH offers health screenings for high blood pressure, cholesterol, diabetes, and vision. Additional screenings for hearing, glaucoma, lung function and TB testing are also available at some locations. Early detection can help prevent costly and debilitating diseases.

### *Recordkeeping*

FOH maintains employee health records and ensures compliance with all applicable provisions of the Privacy Act.

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## *Emergency Response Planning*

FOH's Health Center staff can assist agencies with their needs to develop emergency response plans by participating in Occupant Emergency Planning meetings, lending their clinical perspective in planning responses to natural or man-made threats and disasters.

## *HealthyFocus4You*

FOH's online health information program offers employees a variety of personalized health promotion tools that make it easy to learn about health news, track wellness goals, and manage personal health information to allow them to take care of their health needs. Additionally, HealthyFocus4You offers either a web-based or paper-and-pencil health risk appraisal which summarizes an individual's health risks and provides specific recommendations about lifestyle changes that can help decrease risks for the leading causes of death and disability.

## *Management Reports*

Management Summary Reports are available to agency managers upon request. These reports provide valuable information about your agency's utilization of, and satisfaction with the services rendered in the Health Center.

**F**or over half a century, FOH has delivered high quality occupational health services to Federal managers. FOH's knowledge of the Federal workplace, combined with strategic partnerships with professional health, environmental and safety organizations, enables FOH to help other Federal organizations maintain a safe and healthy workplace. FOH has created a team of professionals that is unparalleled in its ability to work within the Federal structure, yet remains as flexible and innovative as any private sector provider.

Through convenient interagency agreements, FOH's Clinical Services, Wellness/Fitness Programs, Environmental Health Services, and Employee Assistance and Work/Life Programs can provide your agency with a comprehensive occupational health program that saves you time and money. Our ability to customize services enables you to integrate components of our services with existing programs, enhancing their impact and ensuring that your agency meets its obligation to provide a safe and healthy workplace.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at [www.foh.dhhs.gov](http://www.foh.dhhs.gov) or call us today at **1-800-457-9808**.

Because you need a healthy work force. And we can help you build one.

*healthy bodies ❖ sound minds ❖ a safe place to work*