

LMG Occupational Medicine

LOCATION: 1475 Mt. Hood Ave., Suite 130, Woodburn, OR 97071

CLINIC HOURS: Monday-Friday, 8:00 am - 4:30 pm

PHONE: 971-983-5340

EMAIL: OCCMED@LHS.org

FAX: 971-983-5343

WEB: legacyhealth.org/occmcd

Service Request Form

IMPORTANT Service Tips, directions, and map on back (next page).

PATIENTS: PHOTO ID REQUIRED. Go to Legacy Woodburn Health Center's main doors (under metal awning). Once inside, you can find LMG Occupational Medicine by following the walkway to the right. Go past Vitality, Woodburn Family Medicine and the restrooms, then to the left of the fountain to Suite 130. Inside the building there is also a kiosk with a large map to guide you.

EMPLOYERS: PLEASE fill out this form COMPLETELY.

- Employee must bring a newly completed Service Request Form* to every visit or email/fax prior to appointment. (See info. above left)
- Provide a Services Tip Sheet* to each employee, if appropriate, when appointment is made to review service requirements.
- Mid-afternoon urine drug screen (UDS) patients need to be well hydrated and arrive ready to provide a sample.
- Pre-printed Chain of Custody for UDS testing must accompany employee or be on file with clinic in advance. (NO electronic chains)
- Appointments are HIGHLY advised for all UDS and breath alcohol testing to avoid long wait times/staffing issues.
- Post-Accident drug testing can only take place during clinic hours until mid-afternoon. Please call to confirm availability.

Company: _____ Employer Approval: _____ Date: _____

Employee Name: _____ Employee DOB: _____ Interpreter Needed APPT. Date/Time: _____

Employee Phone: _____ Billing: Company (above) or TPA: _____

Drug screen type, description, and agency designation (if DOT):

> Appointments HIGHLY advised to avoid long wait time/staff availability <

NON-DOT **Federal/DOT testing - MUST designate which agency**
DOT: FMCSA FTA FAA FRA PHMSA USCG

- Pre-employment Urine Drug Screen
- Reasonable Suspicion Urine Drug Screen
- Post-Accident Urine Drug Screen
- Random Urine Drug Screen
- Return to Duty Urine Drug Screen
- Follow-up Urine Drug Screen
- Observed UDS (Can be added to any UDS)
(REQUIRED for any DOT Return to Duty or Follow-Up)
- New Contract Requirement Urine Drug Screen
- Breath Alcohol Test (BAT)

Service by appointment ONLY:

Immunizations (Add immunizations not listed here in the space below)

- Hepatitis B Vaccine: 3 Dose Series or 2 Dose Series
- TD Vaccine (Tetanus/Diphtheria)
- TDAP Vaccine (Tetanus/Diphtheria/Pertussis)

Labs (Be well hydrated. Add labs not listed here in the space below)

- Hepatitis B Immunity Titer (Blood draw)
- TB Quantiferon Gold (Blood draw)
- TB (Tuberculosis) Skin Test: Step 1 Step 2 (Within 1 year of Step 1)

List other services, special instructions or requests:

Please list:

Service by appointment ONLY (UNLESS OTHERWISE NOTED):

Respiratory (*Required forms on the internet, see web address in bottom box)

- Respiratory OCCMED/OSHA Form Review* (NO APPT. - SUBMIT DOCS)
- Respirator Fit Test (Must be clean shaven same day as appointment)
- Spirometry (Lung function) (Avoid coffee/tea, smoking/vaping 5 hours prior)
- Bronchodilator (Spirometry with inhaler) (Bring personal inhaler)

Sensory

- Audiometry (Hearing) (Clean ears to avoid in-clinic cleaning and appt. reschedule)
- Titmus (Visual acuity) (Bring glasses or contacts)

Physicals (Wear work attire/closed-toed shoes. Light meals, avoid energy drinks.)

- DOT - Dept. of Transportation or DOE - Dept. of Education, Physical
 - New certificate Recertification WH-515
- Annual Physical
- Basic Pre-Placement Physical

DPSST: Form F-2 or Form F-2T

Physical Demands Test (List job title if multiple PDT's on file with BHS)

Job Title: _____

Extensive Physical or Extensive Physical Demands Test

X-Rays

- TB X-ray: 1 View Chest X-Ray with Nurse Consult (Recommended)
 - 2 View Chest X-Ray

(No-shows for ALL appointment services will be charged a no-show fee)

URGENT CARE

For acute injured worker care: fractures, lacerations, etc.

HOURS: Monday – Friday, 10 am - 6:30 pm

Saturday, 10 am - 3 pm

- Urgent Care entrance is located at the East end of the building (far right of the main building entrance).
- OCC MED post-accident UDS/BAT available at the OCC MED clinic during clinic hours until mid-afternoon.

*All LMG OCC MED forms and instructions can be accessed and downloaded at: legacyhealth.org/occmcd.

Simply scroll down to the menu listings under the map and click on 'Forms and Resources', then click on the file(s) you need. 4/24

DIRECTIONS TO LEGACY WOODBURN HEALTH CENTER:

From I-5:

- Take Exit 271 and head East on Highway 214 (Mt. Hood Avenue). Proceed straight on Highway 214 for approximately 2.4 miles.
- You will pass two schools and under the railroad/N Front Street overpass.

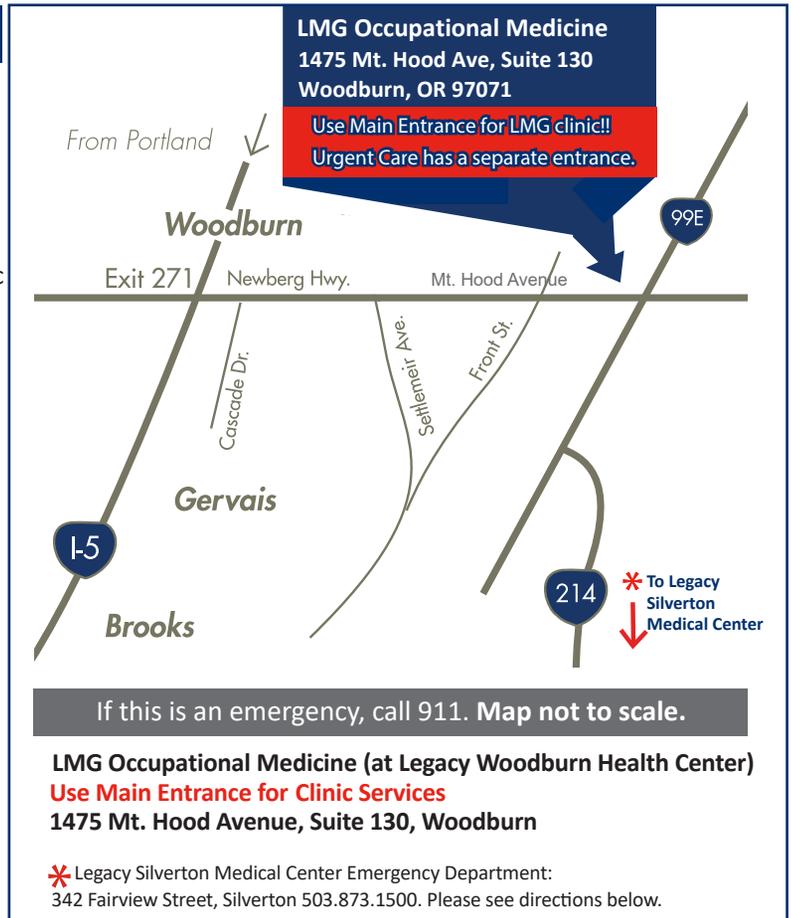
TO PARK: Cars and small trucks: Turn left at the next traffic light after the N Front Street overpass, into the Legacy Woodburn Health Center campus. At the campus stop sign, turn left and park. **Large Freight Trucks:** Turn right at the first traffic light after the N Front Street overpass and park in the Bi-Mart parking lot. You will need to walk across the street to the health center entrance. *If you reach 99E you have gone too far.*

Enter through the main entrance (under metal awning) and follow directions on front of this form to all clinics.

- **For Urgent Care:** turn right at the campus stop sign and park. The entrance is on the East end of the building.

From 99E:

- As you approach the intersection of 99E and Highway 214/211 (the first major traffic light as you enter Woodburn from the North), turn West onto Mt. Hood Avenue.
- Stay in the far right lane after turning, and then turn right at the next traffic light into the Legacy Woodburn Health Center campus. Large Freight trucks turn left at the traffic light and park in the Bi-Mart parking lot.



DIRECTIONS TO LEGACY SILVERTON MEDICAL CENTER EMERGENCY ROOM FROM WOODBURN HEALTH CENTER:

For emergencies or treatment of injuries too severe for urgent care or that occur outside of Legacy Woodburn Urgent Care hours.

Address: 342 Fairview Street, Silverton, OR 97381 -- Approx. 13.2 miles from Legacy Woodburn Health Center. Phone: 503.873.1500

- Proceed to the traffic light at Mt. Hood Ave. (where you came in) and turn left at the light heading East towards 99E and proceed to the right lane.
- Turn right onto 99E, heading South, as you approach the next intersection (99E/Hwy 214/211). After turning right, get in left lane and proceed for 1.1 miles until you get to the intersection of 99E and Eastbound Highway 214 (Mt. Angel/Silverton).
- Turn left and follow Highway 214 for 10.7 miles to Silverton (you will pass through the city of Mt. Angel).
- As you enter Silverton (Roth's will be on your left) the first traffic light will be C Street. Turn right and follow this street for .6 miles through two traffic lights, crossing McClane Street (Highway 213). You are now on Westfield Street. At the first left, turn onto W. Center Street.
- The Hospital will be on your left at the top of the hill. Turn left onto Fairview Street and follow signs for ER entrance.

HIGHLIGHTS FROM BHS SERVICES TIP SHEET -- SEE SHEET FOR FULL LIST OF SERVICES AND TIPS/REQUIREMENTS

Please provide your employee the full BHS Services Tip Sheet once the appointment is made. Below are reminders.

PHYSICAL DEMANDS TESTING

- Wear clothing appropriate for physical activity, including closed-toed shoes.
- Eat a light meal at mealtime.
- Be well hydrated.
- Avoid energy drinks on day of test.
- The test will be about 30-45 minutes, depending on the testing requirements for a specific business, excluding any other testing that is to be done.

URINE DRUG SCREEN

Be well hydrated prior to the appointment.

SPIROMETRY TESTING

- Do not eat a big meal 3-5 hours prior to appointment (a small meal is ok) to avoid rescheduling the appointment.
- Do not smoke/vape/chew, or drink caffeinated beverages for 5 hours prior to the appointment to avoid rescheduling.
- Do not drink caffeine prior to the appointment as it may produce a higher blood pressure result. If blood pressure reading is higher than 140/90, the appointment may need to be rescheduled.

RESPIRATOR MASK FIT TESTING

- A freshly clean-shaven face the day of testing is REQUIRED.
- Bring the mask to be fitted AND filter.
- Do not smoke/vape/chew, eat or drink (except water) for 3-5 hours before testing.

VISION TESTING

Wear glasses/contacts you normally wear.

HEARING TESTING

Clean your ears to avoid rescheduling due to ear cleaning by the clinic staff.