



January 2017

39180 Farwell Drive, Suite 231  
Fremont, CA 94538

Phone: 510-585-2545

Fax: 510-505-9287

Monday–Friday 8:00 am to 7:00 pm  
**NEW HOURS!**



Access Omnicare is the regions emerging leader in the delivery of superior medical care for your most valuable asset, your employees.

Urgent Care services also available for insured employees or self pay.

See What's New »

- **Access Omnicare Report Card**
- **New Year's Resolutions**
- **Lunch & Learn - Marijuana Legalization**
- **Cal OSHA - New 2017 Recording Requirements**
- **LOHP - Labor Occupational Health Program - UC Berkeley Classes**
- **Patient Registration Forms can be completed before employee visits**
- **MPN Insurance Network**

Visit Website

Occupational Medicine ●  
Workers' Compensation ●  
Urgent Care ●



## Access Omnicare Report Card

- Request for authorizations in 24 hours:
  - Physical therapy
  - MRI
  - Acupuncture
  - Specialist consultations
- Electronic clinic-to-pharmacy prescriptions
- Patient Portal
  - Treatment summary
  - Vaccination records
  - Change or confirm appointments
- Appointment reminders
  - Email
  - Text
  - Phone call
- No show appointment notification
- Extensive reporting capabilities



Access Omnicare implemented a new Electronic Medical Record System from AthenaHealth in April 2016.

One of the features listed is “extensive reporting capabilities”. Our 2016 report calculated the average length of a claim which included New Injuries, Transfer of Care and Second Opinion cases.

We are certain that careful management of cases, minimal no-show appointments and direct communication with our employers contributed to these amazing numbers!

### We are excited to report the results:

- **20% of all injury cases resolve in 2 weeks**
  - **Average resolution for a new injury claim is only 36 days**
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# January

## Resolutions

**1. Look Where You Stand** – Made loads of resolutions last New Year's Eve? Accessed how far you have stood by them.

**2. Accomplish the Incomplete** – If you still feel that the resolutions you made last year and abandoned midway are worth a second shot, give it another chance!

**3. Realistic Resolutions** – Make a resolution that would have significance in and add a meaning to your life.

**4. Monitor Progress** – Resolve this year to monitor how far you are holding on to your commitment – it will help you to hang on.

**5. Quit an Addiction** – If you have a problem with an addiction, seek help of support groups, friends or professionals. If you have the will, you shall find the way.

**6. Back to School** – Learning has no age. Pick up where you left off.

**7. Fit in Fitness** – Secure a future with fewer trips to the doctor – exercise. Select a regime you can stick to. A group activity may add the element of fun to the routine. Lose some flab. But don't set any strict target, for then the chances are you may get de-motivated and quit.

**8. Soak up New Skills** – Learning something new and interesting is always fun and a value addition too.

**9. Healthy Hogging** – Think before you put any morsel in your mouth. However, occasional indulgence should be there.

**10. Lose the Loan** – Pay off any debt you may have and feel light at heart.

**11. Sack Stress** – This sounds easier than it actually is, and there is no magic tip. You have to find your own solution; meditation and exercise are two good options.

**12. Contribute for a Cause** – Giving back to the society is the least we can do to make the world a better place to live in.

**13. Treasure your Treasures** – Splurge is fun, but saving should be the way of living. Plan with your future in mind. Relax the grip once in a while for that blissful indulgence. But should be just one or two annual affair.

**14. Liven up Your Lifestyle** – Professional growth is okay, but your personal life requires attention too. Strike a balance.

**15. Organized** – This is the key to make life easy, manage time and live stress free. Make a proper To-Do list, and you are half way there already.



**Lunch & Learn**

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***SAVE THE DATE!!***

We are pleased to welcome

## **Karen Reinhold, Attorney at Law**

Co-chair of Hopkins & Carley's Employment Law Practice

**Wednesday, January 18, 2017 from 12-1 pm**

**Farwell Medical Building  
39180 Farwell Drive, Suite 231, Fremont, CA**

Our educational Lunch & Learn series offers valuable information to anyone interested in learning more about workers' compensation.

### **Marijuana Legalization**

***More Information coming soon!***

Classes are **free** and **lunch will be provided**.  
Q & A to follow seminar for participant questions  
Clinic tours available

**Join us in Person or via Webinar**  
**Space is Limited**

**Wednesday, January 18, 2017 - 12-1 pm**

Register Now

**hopkins carley**

**Karen Reinhold  
Attorney at Law**



Karen Reinhold specializes in representing employers on employment-related matters. She is the Co-chair of Hopkins & Carley's Employment Law Department. Karen served for 15 years as in-house employment and trial counsel for a large publicly traded corporation and also practiced law for many years with a large multinational law firm. In addition to providing advice and counsel on a broad range of employment-related legal issues, Karen has extensive experience as a trial lawyer, having successfully tried many employment or employment-related cases to jury verdict in state and federal court.

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# Cal - OSHA Final Rule Issued to Improve Tracking of Workplace Injuries and Illnesses

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***Provisions call for employers to electronically submit injury and illness data that they already record.***

## ***Why is OSHA issuing this rule?***

This simple change in OSHA's rulemaking requirements will improve safety for workers across the country. One important reason stems from our understanding of human behavior and motivation. Behavioral economics tells us that making injury information publicly available will "nudge" employers to focus on safety. And, as we have seen in many examples, more attention to safety will save the lives and limbs of many workers, and will ultimately help the employer's bottom line as well. Finally, this regulation will improve the accuracy of this data by ensuring that workers will not fear retaliation for reporting injuries or illnesses.

## ***What does the rule require?***

*The new rule, which takes effect Jan. 1, 2017, requires certain employers to electronically submit injury and illness data that they are already required to record on their onsite OSHA Injury and Illness forms. Analysis of this data will enable OSHA to use its enforcement and compliance assistance resources more efficiently. Some of the data will also be posted to the OSHA website. OSHA believes that public disclosure will encourage employers to improve workplace safety and provide valuable information to workers, job seekers, customers, researchers and the general public. The amount of data submitted will vary depending on the size of company and type of industry.*

## ***How will electronic submission work?***

***OSHA will provide a secure website that offers three options for data submission.***

1. First, users will be able to manually enter data into a web form.
2. Second, users will be able to upload a CSV file to process single or multiple establishments at the same time.
3. Last, users of automated record-keeping systems will have the ability to

transmit data electronically via an API (application programming interface). The site is scheduled to go live in February 2017.

### ***Anti-retaliation protections***

The rule also prohibits employers from discouraging workers from reporting an injury or illness. The final rule requires employers to inform employees of their right to report work-related injuries and illnesses free from retaliation, which can be satisfied by posting the already-required [OSHA workplace poster](#). It also clarifies the existing implicit requirement that an employer's procedure for reporting work-related injuries and illnesses must be reasonable and not deter or discourage employees from reporting; and incorporates the existing statutory prohibition on retaliating against employees for reporting work-related injuries or illnesses.

**These provisions become effective August 10, 2016, but OSHA has [delayed their enforcement](#) until Dec. 1, 2016.**

### ***Compliance schedule***

The new reporting requirements will be phased in over two years:

Establishments with 250 or more employees in industries covered by the record-keeping regulation must submit information from their 2016 Form 300A by July 1, 2017. These same employers will be required to submit information from all 2017 forms (300A, 300, and 301) by July 1, 2018.

Beginning in 2019 and every year thereafter, the information must be submitted by March 2.

Establishments with 20-249 employees in [certain high-risk industries](#) must submit information from their 2016 Form 300A by July 1, 2017, and their 2017 Form 300A by July 1, 2018. Beginning in 2019 and every year thereafter, the information must be submitted by March 2.

OSHA State Plan states must adopt requirements that are substantially identical to the requirements in this final rule within 6 months after publication of this final rule.

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## **Hazardous Waste Worker Training**

These classes are all held at the University of California's Richmond Field Station in Richmond, CA. To register for one of the trainings, please complete the online [Hazardous Waste Training Registration Form](#). You may pay by check or Purchase Order. Pre-registration is required:

**\*\* To access course information, registration or email links please use LOHP link above or LOHP UC Berkeley link below\*\***

### **8-HOUR HAZWOPER REFRESHER COURSE**

- **January 25, 2017**
- Richmond, CA | 8:00am-5:00pm
- [Course Information](#)
- **March 9, 2017**
- Richmond, CA | 8:00am-5:00pm (Spanish)
- [Course Information](#)
- **April 26, 2017**
- [Course Information](#)
- **August 2017**
- TDB (Spanish)
- [Course Information](#)

### **24-HOUR HAZWOPER TSD AWARENESS TRAINING**

- **May 16-18, 2017**
- Richmond, CA | 8:00am-5:00pm
- [Course Information](#)

Alternatively, you may submit a paper [Hazardous Waste Training Registration](#) form to Maritza Drotleff by [email](#), [mail](#), or fax (510-643-5698).

***These class times/dates don't work for you? Additional 24-hour TSD classes and other 8-hour Refresher classes in English and Spanish will be scheduled***

according to demand (minimum 12 participants). These classes can be scheduled at a convenient time, date and location for your group. Please [contact LOHP](#) for more information.

### **School Action For Safety & Health (SASH) Trainings**

To register for one of the trainings, please complete the [online SASH Registration Form](#). Pre-registration is required:

- **November 10, 2016**
- San Rafael, CA | 8:00am-3:00pm
- [Course Information](#)

Alternatively, you may submit a [paper registration form](#) to Maritza Drotleff by [email](#) or by fax at 510-643-5698.

### **Worker Occupational Safety & Health (WOSH) Specialist Trainings**

To register for one of the trainings, please complete the [online WOSH Registration Form](#). Pre-registration is required:

- **January 11,12 & February 1, 2017**
- Burlingame, CA | 9am-5pm
- [Course Information](#)

Alternatively, you may submit a [paper registration form](#) to Maritza Drotleff by [email](#) or by fax at 510-643-5698.

### **Injury And Illness Prevention Program (IIPP) Trainings**

To register for one of the trainings, please complete the [online IIPP Registration Form](#). Pre-registration is required:

- **February 7, 2017**
- San Francisco, CA | 1:00-5:00pm
- [Course Information](#)
- **March 9, 2017**
- Sacramento, CA | 1:00-5:00pm
- [Course Information](#)
- **April 11, 2017**
- San Jose, CA | 1:00-5:00pm

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## New Forms Make Clinic Visits Faster!

New patient paperwork can be completed **before** scheduled appointments or walk in visits for New Injuries or Physicals, DMV Exams or Drug Screens. See links below.

New Injury & Physicals Paperwork

New Authorization Form

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## MPN: Are We In Your Insurance Network?

The world of Workers' Compensation insurance carriers and Medical Provider Networks (MPN's) is complex and difficult to understand for some employers. How do you know whether a specific doctor or facility is included in your network?

**We have requested that all insurance carriers list Access OmniCare and categorize us under 'occupational clinic', rather than the physician name but it is a tedious process that seems to be a work in progress. Therefore, often we are not listed as Access Omnicare, but rather under one of our doctor's names.**

[Let us confirm our participation for you](#)

When you contact us we will provide you with documentation from the carrier that confirms that we are "in network" and that you can confidently use Access OmniCare to treat your injured workers.

## Partial List of MPN Participation

- AIG
- Anthem Network
- Broadspire
- California Foundation for Medical Care
- California MPN Network
- ClarisPointe
- Cypress Insurance
- Chevron
- Corvel
- Coventry Network
- EK Health
- ESIS
- First Health

- Harbor Health Systems
- HealthSmart
  
- Keenan & Associates
- Liberty Mutual
- Marriott
- Medex
- Multiplan
- Old Republic
- Pacific Foundation for Medical Care
- PG & E
- PMA
- Prime Health Services
- Sedgwick
- Status PPO Network
- State Comp Insurance Fund
- The Hartford
- Travelers
- Zurich

Contact Us!



Education



Our Services

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## About Access OmniCare

Access OmniCare opened in April of 2014

Specializing in Occupational Medicine and Urgent Care

**Evidence-based causation analysis**  
**Conservative approach to OSHA recordability**  
**Sports medicine oriented treatment plan**  
**Effective, efficient & respectful patient care**  
**Proactive communication with employers**  
**Accepts transfer of care and second opinions**

**Walk-in's welcome**

Same day appointments available  
We accept transfer of care for complex cases

Minimum wait times, compassionate patient care, excellent communication with employers and management of workers' compensation cases are ways in which we excel.

Please see links below for authorization form/ employer forms and patient registration.  
or [Contact me](#) for assistance.

Authorization for Treatment / Employer  
Forms

Patient Registration Forms

[WEBSITE](#) [ABOUT](#) [EMPLOYERS](#) [SERVICES](#) [EDUCATION](#) [FAQS](#) [CONTACT](#)

Register for Monthly Newsletters

STAY CONNECTED

