



October 2017

Monday – Friday 8:00 am to 7:00 pm

Access Omnicare
2016 results are in!

20% of all cases
closed in two weeks
All cases - average length - 36 days

Email Access Omnicare



39180 Farwell Drive, Suite 231
Fremont, CA 94538

Phone: 510-585-2545

Fax: 510-505-9287



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

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

See What's New »

- Dr. Nicolas Gay joins the Access Omnicare team
- Partnership Corner
- Lunch & Learn - Dec 13, 2017
"Understanding the Adjuster's Role in Workers' Compensation Management"
- Cost Effective Ways to Reduce Stress in the Workplace
- LOHP - Labor Occupational Health Program - NEW UC Berkeley Classes
- Pumpkin Spice Bars
- International Gift Faire - Oct 20 & 21
- Important Forms including
- MPN Insurance Network

Vist Website

Occupational Medicine 
 Workers' Compensation 
 Urgent Care 



Dr. Nicolas Gay Board Certified Orthopaedic Surgeon

Dr. Gay treats all Orthopaedic conditions in adults and children, with a focus on non-surgical techniques whenever possible. He has trained extensively in the care of fractures, post-traumatic conditions, deformities and reconstruction. Cartilage preservation as well as joint fusion, play integral roles in relieving pain and helping patients get back to their normal routines.

Dr. Gay has significant training in total ankle replacement, arthroscopic techniques and sports-related conditions occurring in the athlete. He also treats numerous patients with work related injuries and helps them return to pre-injury status as soon as possible. Understanding the patient's lifestyle, work requirements and family situation plays an important role in choosing the right course of treatment. Dr. Gay is trained and experienced in the STAR total ankle replacement.

Dr. Gay serves as an Editor of the Journal of Exercise, Sports & Orthopaedics as well as Chairman and Co-Founder of SimpleTherapy.

Dr. Nicolas Gay, Orthopaedic Surgeon will be holding a weekly Wednesday clinic at Access Omnicare to treat our patients requiring a consult from an Orthopedic Surgeon.

Dr. Gay's private office is located in our building, so he is also available for urgent consultations should we require his medical opinion on other days.

Welcome Dr. Gay!

PARTNERSHIP CORNER



Flu Vaccines

Yes, flu season is upon us yet again. Influenza vaccines are available at Access Omnicare for your employees. Should you be interested in using our clinic for your annual flu shots, please reach out to Yvette Bonnet, yvette@accessomnicare.com so that we can manage our supply.

Invoices - Mail or Email?

We are excited to offer you **emailed invoices** for your convenience. Should you wish to convert your invoicing from MAIL to EMAIL, please send your request to:

Appointments and Walk-ins

We encourage scheduling appointments for all services that are non-emergent. This allows us to better manage our appointment schedule resulting in shorter wait times.

Routinely, we will take those employees with an appointment, before walk-in physicals, drug screens or other employer services.

Please call the clinic, 510-585-2545 to schedule your employees appointments.

Claim Numbers

Access Omnicare is always working to improve processes and manage cases more efficiently. In order to obtain approval for physical therapy, specialist referrals, diagnostics and billing we must have a claim number.

If you have not provided the **Claim Number** for an injured worker, please email the claim number to info@accessomnicare.com as soon as possible. Thank you

Visit our website

Mark your Calendars!



Lunch & Learn

We are pleased to welcome

Carmen Angeles
Claims Manager, JT2 Integrated Resources
Insurance Education Association Instructor

Wednesday, Dec 13, 2017 from 12-1 pm

Farwell Medical Building

39180 Farwell Drive, Suite 231, Fremont, CA

Our educational Lunch & Learn series offers valuable information to all employers managing safety at work.

“Understanding the Adjuster’s Role in Workers’ Compensation Management”

- **Criteria for AOE/COE (Arising Out of Employment/Course of Employment) and the 90 day rule**
- **Review: Benefits provided, statutes of limitation enforcement, medical control, specialists and diagnostics**
- **Comprehending the litigation process**
- **Psychiatric Injury and Stress Claims**
- **Reopening Cases – new and further disability**

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

Wednesday, December 13, 2017 - 12:00 – 1:00 pm

This class is offered as a Seminar or Webinar. RN - CE units available

[Register Now](#)



Carmen Angeles

**Claims Manager
JT2 Integrated Resources
Insurance Education Association Instructor**

Carmen Angeles has over 32 years’ experience in the Workers’ Compensation industry in claims administration and management. She is also a seasoned instructor with the Insurance Education Association.

Carmen has an excellent grasp and application of California Labor Code and Case Law which governs workers’ compensation issues including Education Code and Public Entities. In addition, she has extensive knowledge of investigation, pursuance and management of fraud cases



Some of the courses she teaches are:

- **Introduction to Workers’ Compensation**
- **Foundations of California Workers’ Compensation**
- **Establishing Injury and Affirmative Defenses in California Workers’ Compensation Claims**
- **Statutes of Limitations, Jurisdiction and Civil Remedies in Workers’ Compensation**

Cost-Effective Ways to Reduce Stress in the Workplace

HR Insights for Professionals

The latest thought leadership articles and reports for HR pros
Opinions expressed by Contributors are their own

20 September 2017

Reducing stress in the workplace can make employees happier and more productive in their roles.

Stress is widely considered a part of modern life. With the mounting pressure to balance your home and work life, it is beginning to play a more prominent part in everyday life. However, there are ways you can reduce the amount of stress employees feel in the workplace and there are benefits to your business for doing so. [Less-stressed staff are more productive](#) and are also more likely to stay within your company for longer, reducing the amount of money you have to invest into recruitment. There are fairly simple ways that you can ensure people are as happy as possible in their role, and finding ways for them to de-stress.

Give them a platform

Having somewhere where staff can voice their concerns about their work or company can be an effective way of controlling and managing the amount of stress they feel in their role. This can be in the form of a regular meeting, having sections during their 1-2-1s where you discuss where improvements can be made, or a more informal Q&A session. No matter what your platform is, it's important that there is a culture that encourages people to be as transparent and open as possible without any fear of repercussions.

Encourage healthy habits

Supporting employees to have healthier habits is a great way of helping them be less stressed. From regular fruit deliveries, to exercise groups or a benefits scheme that is built around good health, there are plenty of different ways to encourage healthier habits among your workforce. This can be tailored to suit your workforce and the budget you have available, making it an effective solution for many companies.

Have debriefs

If you work closely together as a team, having a debrief at the end of each day can be a cleansing and cathartic period for each employee. You can structure this in whichever way works best for the particular project you're focusing on at the time and it can be a platform for people to air their grievances, but also put any negative points behind them before they go home for the evening.

Restrict out-of-hours communication

Only in very rare circumstances should employees be contacted during their free time, whether they are on annual leave or outside working hours. It's important that, as an employer, you draw a line between the office and home. This will help staff leave work matters in the office and not worry about it after they have checked out.

Insights for Professionals

WOSH Program

Worker Occupational Safety & Health (WOSH) Specialist Trainings

- December 12, 13 & 14, 2017
Sacramento, CA 9:00 - 5:00 pm
- January (TBD)
Walnut Creek, CA 9:00-5:00 pm
- January 16, 23 & 30, 2018
Fairfield, CA 9:00-5:00 pm
- February 13, 14 & 15, 2018
Santa Rosa, CA 9:00-5:00 pm

IIPP Program

Injury And Illness Prevention Program (IIPP) Training

- October 11, 2017
Redding, CA 1:00-5:00 pm
- October 16, 2017
Stockton, CA 1:00-5:00 pm
- November 1, 2017
Stockton, CA 1:00-5:00 pm

SASH Program

School Action for Safety & Healthy (SASH) Training

- October 18, 2017
Modesto, CA 9:00 - 4:00 pm

LOHP- UC Berkeley website



Pumpkin-Spice Bars with Cream Cheese Frosting

Bars

- 4 eggs
- 2 cups granulated sugar
- 1 cup vegetable oil

- 1 can (15 oz) pumpkin (not pumpkin pie mix)
- 2 cups Gold Medal™ all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 cup raisins, if desired

Cream Cheese Frosting

- 1 package (8 oz) cream cheese, softened
- 1/4 cup butter or margarine, softened
- 2 to 3 teaspoons milk
- 1 teaspoon vanilla
- 4 cups powdered sugar
- 1/2 cup chopped walnuts, if desired

Directions

Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray.

1. In large bowl, beat eggs, granulated sugar, oil and pumpkin with wire whisk until smooth. Stir in flour, baking powder, baking soda, salt, cinnamon, ginger and cloves. Stir in raisins. Spread in pan.
2. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean and bars spring back when touched lightly in center. Cool completely, about 2 hours.
3. In medium bowl, beat cream cheese, butter, milk and vanilla with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, on low speed until smooth and spreadable. Spreading frosting over bars. Sprinkle with walnuts. For bars, cut into 7 rows by 7 rows. Store covered in refrigerator.



2017 International Gift Faire

FINAL YEAR

"I volunteer for this organization and would love to see you!
We lost our storage and space, so after thirty years, this will be our final year.
Visit the website link below to volunteer.
Volunteers get first shopping privileges during the Orientation Meeting." - Carole

This year will be your **LAST CHANCE** to shop at the International Gift Faire for hand-made, Fair-Trade crafts from Ten Thousand Villages, Global Mamas, Equal Exchange,

and Level Ground.

We feature:

***Ceramics*Linens*Gift Items*Jewelry*Creches/
Holiday*Clothing*Food***

2017 Gift Faire Dates

**Friday, October 20, 9:00 AM to 8:00 PM
Saturday, October 21, 9:00 AM to 6:00 PM**

**Lincoln Glen Fellowship Hall
2700 Booksin Avenue
San Jose, CA 95125**

[International Gift Faire](#)

Important
FORMS

**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](#)

Employer Forms:

[New Client Form](#)
[Authorization to Treat](#)
[Clinic Poster Map](#)
[Clinic Poster Map \(Spanish\)](#)
[In Case of Injury](#)
[OSHA Recordable Guidelines](#)

Exam Forms:

New Injury

[Patient Registration for New Injury](#)
[Patient Registration for New Injury - Spanish](#)

Physical Exam

[Registration for Physicals and Testing](#)
[Medical History for Physicals](#)

Drug and Alcohol Screening

[Registration for Physicals and Testing](#)

Additional Forms for Specific Testing

[Peace Officer Medical History](#)
[OSHA Respirator Questionnaire – English](#)
[Cuestionario de Evaluación Médico obligado por la OSHA](#)
[\(OSHA Respirator Questionnaire – Spanish\)](#)
[DMV](#)
[Audiogram & Otologic Medical History](#)

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.

Therefore, often we are not listed as Access Omnicare or under clinics; we are often 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
- Nordstrom
- 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



Education



Our Services

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 injuries welcome

Please call for appointment for non emergency services

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](#) us for assistance.

Authorization for Treatment / Employer
Forms

Patient Registration Forms

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

Register for Monthly Newsletters

STAY CONNECTED

