



Visit any one of our  
convenient locations:

**CLINTON**

601-708-1480  
601 Highway 80  
Clinton, MS 39056

**CROSSGATES**

601-829-6600  
1645 W Government Street, Suite F  
Brandon, MS 39042

**LAKE HARBOUR**

601-499-0022  
786 Lake Harbour Drive  
Ridgeland, MS 39157

**NORTHEAST JACKSON**

601-487-9199  
4880 I -55 Frontage Road N  
Jackson, MS 39211

**OLD FANNIN**

601-487-9191  
1710 Old Fannin Road  
Flowood, MS 39232

**THE TOWNSHIP**

601-707-3737  
1051 Highland Colony Parkway, Suite E  
Ridgeland, MS 39157

**HATTIESBURG WEST**

601-475-0444  
6176 US Highway 98  
Hattiesburg, MS 39402

TrustCare*Health*<sup>™</sup>

# Employer Services



Clear Communication



Employer Management



Walk-In After-Hours & Weekends



DOT Certified Providers



Quality Medical Outcomes

**trustcarehealth.com**

## Employer Services Offered

- Physicals - DOT, executive & pre-employment physicals
- Employee wellness programs
- Drug screening & breath alcohol testing
- Worker's compensation injury management
- On-site services

## Why TrustCare?

- Multiple convenient locations across Mississippi
- Extended hours, including evenings and weekends
- Staffed by DOT Certified providers
- Providing better outcomes by getting your workers back on the job



**Call or email our Employer Services Team to learn more**

**601-707-3282**

[employers@trustcarehealth.com](mailto:employers@trustcarehealth.com)



## DOT Physicals

- Federal law requires drivers of commercial motor vehicles (CMVs) to receive regular physical examinations under the Department of Transportation. DOT physicals are highly regulated for the drivers' safety and are designed to detect physical, mental and emotional issues that can affect a driver's ability to safely drive a commercial vehicle. Our DOT certified medical professionals are specially trained to understand the regulations and prevent drivers from being inappropriately disqualified.
- DOT physicals are a must-have if you're a commercial driver or employ commercial drivers. They help ensure your drivers will be safe on the road, and compliant with the Federal Motor Carrier Safety Administration.
- All TrustCare urgent care locations offer DOT physicals, but we recommend you call ahead to verify the DOT provider is onsite that day. For larger groups in need of multiple physicals, please contact employer services.

# What To Expect During A DOT Physical Examination



A review of your health history



A thorough physical examination



A urine screen to check for the onset of possible disqualifying medical conditions

## What To Bring To A DOT Physical Examination

### All drivers

- Bring a complete list of ALL of your medications, including the doses and your doctors' names and addresses
- You may want to complete page one of the exam (driver's portion) to save time at the center
- Drivers who require eyeglasses, contact lenses, or hearing aids, bring your glasses, contacts, or hearing aids
- You will be required to pass a vision and hearing test

### Drivers who have high blood pressure

- Your blood pressure MUST be below 140/90 on the day of your exam or you may not qualify for a DOT card

### Drivers who have diabetes

- Your blood sugar should be controlled
- Bring the most recent results of a lab test called a Hemoglobin A1C (HgA1C) and your blood sugar logs or other records related to your diabetes

### Drivers who have nighttime sleep disturbance and use a CPAP machine

- Bring a reading from your machine documenting your proper use of the machine; a letter from your sleep specialist may also be required
- Bring at least 90 days of data, but data from the past year is best

### Drivers who have heart-related issues

- Bring a letter from your cardiologist (heart specialist) that outlines your medical history and current medications and indicates you are safe to drive a DOT vehicle
- You may also need to bring the results of a recent stress test, ECHO cardiogram, or other testing completed within the past 1-2 years

### Drivers who have suffered a stroke, a brain tumor, seizure disorder, or bleeding in the brain

- Bring a letter from your neurologist (brain and nerve specialist) that outlines your medical history, current medications, and current neurologic and psychiatric state

### Drivers who have experienced the permanent loss of use in an arm or a leg

- Bring an overview from your physician of the injury and if you have any work restrictions due to the injury
- You may need a Skilled Performance Examination in order to qualify for your DOT card

### Drivers who are taking any medications that may cause sedation or sleepiness or controlled substances

- You will most likely need a note and medical records from your treating physician regarding the safety of driving a DOT vehicle while using these medications
- Drivers who are taking the blood thinner Coumadin (Warfarin)
- Bring a recent INR (blood level and clearance) letter from your doctor



Monday – Friday: 8 am - 8 pm

Saturday: 9 am - 5 pm

Sunday: 1 pm - 7 pm



## Praise For TrustCare

"We have been completely satisfied with all aspects of service we have received from the exceptional team at TrustCare. They are employer-focused and cater to all of our operational needs... They are well-versed in the workers' compensation arena and can coordinate care to the appropriate healthcare provider if further care is needed. Overall, they make our operation run smoother because they are reliable, trustworthy, friendly and make you feel like family. I would recommend them to anyone."

***Chris Fontenot-Two Men And A Truck***

Working with TrustCare is a true partnership. Both our employees and our company receive prompt care and excellent customer service. They listen to our needs to ensure the solutions they provide fit our business. Their many locations along with extended and weekend hours provide not only convenience but also reduce our need for emergency room visits. Our partnership with TrustCare allows us to efficiently manage our pre-employment screening and Occupational Medicine needs.

***Truman Abbe - Brown Bottling Company***

In our business, it's imperative we have a trusted partnership with a medical provider. We have found that and more in our relationship with TrustCare Health. The level of care our associates have received is far superior to anything we've experienced in the Jackson area, and the prompt communication with excellent follow-up is exactly what we needed to better handle our workers comp claims.

***Tim Dillard - Express Employment Professionals***

Steel Service has been partnered with TrustCare for almost two years. Their clinics assist us with all our pre-employment screenings as well as providing our Work Comp solutions. Everything is handled efficiently, and I know if I have questions there is someone ready to assist me as needed. Their focus on providing great customer service starts at the top, and we continue to be pleased with the service they provide to our company.

***Randy Ahrend- Steel Service***

TrustCare is an amazing experience from start to finish. I have used them on a personal level, as well as a professional level. When I send an injured worker to a TrustCare clinic, I have no doubt in my mind that they will get the best care. The wait times are excellent, with the injured worker usually in and out the door in less than an hour. In our partnership with TrustCare, we are guaranteed care, communication & outstanding service. They do not disappoint!

***Britney Emmons - CorVel Corporation***

We have been a Mississippi domiciled Worker's Compensation Carrier for over 25 years. We know the importance of that initial evaluation after a work injury occurs. It sets the stage for what direction the claim will go. We want our injured workers to be seen quickly and to be treated properly or referred to the best specialists available. Repeatedly, TrustCare has provided the results we expect and kept the injured workers very satisfied. I highly recommend TrustCare for your personal needs, for your corporate needs and if you are in the insurance business I suggest you have them come out and speak with the leadership of your claims operation about how they can help you manage your medical costs starting on day one.

***James Swanner - AmFed Companies***

# TrustCare<sup>™</sup>Health

Providing convenient, comprehensive care and support for employers and professionals - saving you time and money