

## Business Health Update

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### Flu Season is Near !!!

Schedule your flu sessions today. Influenza (flu) is a contagious disease caused by the influenza virus, which can spread by coughing, sneezing, or nasal secretions. Anyone can get influenza, but rates of infection are highest among children and the elderly. Influenza can lead to pneumonia and can be dangerous for people with heart or breathing conditions.

On average, 226,000 people are hospitalized every year because of influenza and 36,000 die. Companies can protect their employees by offering them flu shots. Offering your employees preventive immunizations such as influenza vaccine helps boost their morale and may keep them from contracting influenza. The flu shot decreases transmission of the flu virus to family and co-workers. Keeping your employees safe from the flu virus has been known to reduce employee loss of time due to illness.

The flu vaccine will be available from October through December. Getting vaccinated even later than December is still beneficial; however, it is recommended to get vaccinated during the fall months to fight the influenza virus which is at its peak in January and February. Business Health has nurses available to provide the Flu shot "on-site" or at any of our convenient locations in Manhattan. Please call us for more information.

### Injured?

Every minute of every day employees are injured or become ill on the job. Keeping employees healthy is important for the success of your business. Continuum Business Health Services provides employers with high quality, cost-efficient Occupational Medicine, illness care, workers compensation and specialty referrals services. 2<sup>nd</sup> and 3<sup>rd</sup> opinions are also available.

### Business Health Services Network also provides the following services:

- Executive Health Exams
- On-the-job injury care management
- Pre-placement physicals
- Sick call and on-the-job illness evaluations
- Clearance for return-to-work examinations
- Substance abuse testing and MRO evaluations
- Disability evaluations
- Specialist consultations/expert second opinions
- Wellness and health education / Travel health services
- Vaccinations and screening for immunity
- Blood-borne pathogen exposure evaluation, treatment and management
- Medical surveillance programs for: asbestos, lead, solvents, noise and blood-borne pathogens

For more information on the diversity of services offered by Business Health please call us, email us, or visit us at [www.wehealny.org](http://www.wehealny.org).

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**Continuum** Health Partners, Inc.

**Beth Israel**

University Hospital and  
Manhattan Campus for  
the Albert Einstein College  
of Medicine

**St. Luke's  
Roosevelt**

University Hospital of  
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