

## Directions

### To the Middletown Office:

#### From Hartford

I-91 South to Exit 22S, Rte. 9 (left exit). Follow Rte. 9 to Exit 11. Turn right off of exit. Turn left onto Coe Ave. At stop sign, take left onto Saybrook Road. The Middlesex Health Saybrook Road Campus is .2 miles ahead on the right. Office is located on the second floor of the Outpatient Center (534 Saybrook Road).

#### From the Shoreline

Rte. 9 to Exit 11, Randolph Road. Go straight through traffic light to stop sign. Turn left onto Saybrook Road. Follow for .2 miles. The Middlesex Health Saybrook Road Campus is .2 miles ahead on the right. Office is located on the second floor of the Outpatient Center (534 Saybrook Road).

#### From Middletown Center

Follow Main Street past Middlesex Hospital. Approximately 1.5 miles past the main Hospital, the Middlesex Health Saybrook Road Campus is on the left. Office is located on the second floor of the Outpatient Center (534 Saybrook Road).

### To the Essex Office:

#### From New London

I-95 to Rte. 9 North. Take Exit 3. Turn left off the ramp. At the first intersection turn left onto Rte. 153/Westbrook Road. Follow road for approximately 1.4 miles. Office is located on the right.

#### From Middletown

Rte. 9 South to Exit 3. At end of ramp, go straight. At next stop sign turn right onto Rte. 153/Westbrook Road. Follow for approximately 1.3 miles. Office is located on the right.

#### From New Haven

I-95 North to Exit 65. Turn left off the ramp. Follow Rte. 153/Westbrook Road for approximately 3.3 miles. Office is located on the left.

## Middlesex Health Occupational and Environmental Medicine Offices

### Middletown

Middlesex Health Outpatient Center  
534 Saybrook Road  
Phone: 860-358-2750

### Essex

Middlesex Health Occupational Medicine  
252 Westbrook Road (Route 153)  
Phone: 860-358-3840

### Hours of Operation

Monday – Friday, 8:00 a.m. – 4:30 p.m.

### For After Hours Care

#### Middlesex Health Urgent Care Centers

Madison, 146 Samson Rock Drive – 203- 779-5207  
Middletown, 896 Washington Street – 860-788-3632  
Old Saybrook, 1687 Boston Post Road – 860-661-5976

*Please check individual locations for specific hours at [www.mhurgentcare.org](http://www.mhurgentcare.org).*

#### Emergency Services – locations open 24 hours

Middlesex Hospital – 28 Crescent Street, Middletown  
Marlborough Medical Center – 12 Jones Hollow Road, Marlborough  
Shoreline Medical Center – 250 Flat Rock Place, Westbrook

#### Notice of Non-discrimination

English: Middlesex Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-860-358-6000 or TTY 1-860-358-4499.

Spanish: Middlesex Health cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-860-358-6000 or TTY 1-860-358-4499.

Polish: Middlesex Health postępuje zgodnie z obowiązującymi federalnymi prawami obywatelskimi i nie dopuszcza się dyskryminacji ze względu na rasę, kolor skóry, pochodzenie, wiek, niepełnosprawność bądź płeć. UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-860-358-6000 or TTY 1-860-358-4499.

[www.middlesexhealth.org/ocmed](http://www.middlesexhealth.org/ocmed)

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YOUR COMPLETE WORKPLACE SOLUTIONS

# Occupational and Environmental Medicine



The Smarter Choice for Care

**M+** Middlesex Health

## Services available:

“Middlesex Health Occupational & Environmental Medicine provides employers – regardless of size – the tools they need to maintain a healthy workforce.

“Employees and employers alike benefit by having board-certified occupational medicine physicians as available resources.”



Matthew R. Lundquist, MD, MPH, FACOEM  
Medical Director

## Traditional and Customizable Services

Keeping your staff healthy is important and can increase productivity. With a comprehensive offering of cost-effective services, Middlesex Health Occupational & Environmental Medicine works with you to improve health and safety in your company.

For more information, call **860-358-2753**.

**Workers' compensation injury evaluation and management** – Experienced, effective, and unsurpassed oversight by board-certified Occupational Medicine physicians

**Immunization programs** – Flu, tetanus, rabies, Hepatitis B and others

**Drug and alcohol testing** – Federal and state; rapid drug screens; certified medical review officers (MRO) provide oversight

**Pre-placement physical examinations** – ADA compliant

**Fitness for duty and return to work consultations and examinations** – ensuring an effective and safe workforce

**Surveillance examinations** – includes all federally regulated programs

**Hearing testing** – includes OSHA hearing conservation programs

**Commercial driver examinations** – performed by National Registry certified medical examiners

**Federal Aviation Administration (FAA) examinations** – performed by FAA medical examiners

**Fire department examinations and surveillance programs** – experienced and cost-effective, customized to your needs

**Medical policy review and development** – ensures medical integrity and necessary compliance

**On-site services** - includes surveillance, immunizations, screening programs, and evaluation of health effects of environmental conditions in the workplace

## Other offerings:

**Secure file sharing** –Your company can be set up to receive encrypted and password protected documents. This ensures safe and fast delivery of patient information to your desktop or mobile device.

**Training and education** –We offer training and support on many topics including exposures, prevention and ergonomics.

