



MEDICOVER – ALL FOR YOUR HEALTH PROCESS OF THE OCCUPATIONAL HEALTHCARE EXAMINATION AT MEDICOVER

Important information for patients

1 Make sure to prepare appropriately for the occupational healthcare examination.

The detailed information on how to prepare for the occupational healthcare examination will be provided to you by our hotline consultant at the moment of scheduling the appointment. This information can be obtained also electronically, (if you provide Medicover with your email address).

Please make sure to follow the guidelines carefully.

2 **When coming to the occupational healthcare examination, please bring:**

- an ID document with a photo;
- a referral for the occupational healthcare examination if the centre in which you have scheduled an appointment does not process electronic referrals (ask the consultant about it at when making an appointment);
- corrective glasses or contact lenses (if needed) and the protective case to store them;
- if you have received treatment anywhere besides Medicover and wish to get a check-up, please bring your previous medical records, including examination results, hospital discharge summaries and a certificate of treatment completion from the attending physician;
- if you have a disability certificate or an entitlement to rehabilitation/pension benefit certificate – please bring it and show to the occupational healthcare doctor;
- arrive at the clinic at least 10 minutes before your appointment so that your blood pressure stabilise before the examination;
- approach the Medicover Centre reception desk to receive detailed information on scheduled appointments and the exam room number, in which our specialists will attend to you – the extent of examinations and consultations depends on the conditions at your workplace (the scope of exposures, hazards).

- 3 The appointments are usually scheduled in a way enabling you to have all the consultations and additional examinations necessary for an occupational healthcare doctor to issue a certificate performed within a single visit.
- 4 Prior to seeing an occupational healthcare doctor, a nurse will verify your identity and all necessary referral information and prepare you for the examination.
- 5 An occupational healthcare nurse will check your height and weight and measure your blood pressure. Then, if necessary due to any exposures at work, the nurse will perform capillary blood tests (glucose/lipid profile) and ECG.
- 6 If the specialist consultation (ophthalmologist, laryngologist), are not be required an occupational healthcare nurse will check your distance and near visual acuity and assess your hearing with a whisper test. Details of how the eye examination is carried out can be found in section 12.
- 7 An occupational healthcare specialist will interview you, perform a physical examination and review your medical records, measurements taken by the nurse and the exposures stated in the referral provided by your employer. If no reason will be found to extend the examination, the doctor will issue a Fitness for Work certificate in 3 copies (one for you, one for your employer, and one for the medical records).
- 8 Then, the doctor will give you the certificate and ask you to verify the information on it – please check it carefully. If you have any doubts, ask the doctor to clarify them. Once you confirm that the data are correct, at a Medicover centre you will receive your copy of the certificate and sign for its reception (in the register of issued certificates). At a partner facility you will receive two copies of the certificate (one for yourself and one for your employer).





- 9 If you work with a computer and need corrective eyewear, ensure that the certificate is properly stamped or there is a note stating that you require corrective lenses when working with a computer screen.
- 10 If you do not accept the certificate, you can appeal to the Regional Centre of Occupational Healthcare through the occupational healthcare doctor who issued it. It can be done immediately after receiving this document or at a later date. Both you and your employer can decide to appeal in seven working days from the date of the receipt of the certificate. After this period, the certificate becomes legally valid.
- 11 Remember that you can always ask your employer to refer you for an early periodic examination if your health has deteriorated since your last examination.



12 **Eye examination in the case of computer screen exposure – what it looks like**

In accordance with current regulations on preventive examination of employees and applicants, the examination can be conducted by a trained person such as an occupational healthcare nurse or an optometrist – it does not have to be conducted by an ophthalmologist. The examination is to assess the distance and near visual acuity as well as the acuity for working with a computer/laptop screen.

A nurse will perform the distance acuity test using a special chart with optotypes (sequences of signs of different sizes), called a Snellen chart. If you use corrective glasses, the nurse will ask you to take them off, as (first your vision must be examined without correction and later – with) and read the indicated characters or symbols from the appropriate distance.

Then the occupational healthcare nurse will examine your near vision (for reading and working with a computer). This examination involves reading a text written in fonts of various sizes from a chart. Again, the examination will first be conducted without corrective eyewear, and later with the eyewear.

The nurse will register the results of the examinations in an electronic file for the occupational healthcare doctor to review.

If your vision has deteriorated since the last examination, please make sure to inform the nurse and the occupational healthcare doctor about it during the appointment.

Working with computer screen is not harmful – it is inconvenient. The regulations do not include refunds for employees working with computers if the glasses do not correct their vision. Eyewear used for working with computer screen is not intended for eye protection (they are not an individual protection equipment) but for correction of vision. Zero power glasses are not intended to correct vision, as the employee using them has a normal visual acuity.

According to Article 8(2) of the Regulation of the Minister of Labour and Social Policy of 1 December 1998 on Safety and Health at Work Stations Equipped with Display Screen Equipment (Dz. U. [Journal of Laws] No. 148, item 973), an employer is obliged to provide employees with corrective glasses if the results of the ophthalmological examinations carried out within the framework of the preventive examination demonstrate the need to wear them when working with a computer screen. In principle, employees are entitled to a refund if they work with a computer screen for at least half of the working day. The refund rules are contained in the internal regulations of your company.

- 13** If your workplace involves other exposures, except for working with a computer screen, which require a more detailed examination of your vision (e.g. driving passenger cars – driving licence category: B) that demand using specialised equipment, your vision will be examined by an ophthalmologist.
- 14** If the exposures at your work do not require a consultation with a laryngologist, a nurse will assess your hearing with a whisper test, conducted in a preparation room. This procedure is known as screening. It consists of the nurse whispering words and you repeating them. Each ear will be tested separately.

The Medicover Occupational Healthcare Team



Infoline Medicover
500 900 500

Monday - Friday: 7.00 – 21.00,
Saturday: 7.00 – 18.00
Sunday: 8.00 – 18.00



The Occupational Healthcare call centre
500 900 700

Monday - Friday: 7:00 – 20:00

