

# HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

August 2019



"When we do the best we can, we never know what miracle is wrought in our life, or in the life of another." – Helen Keller

## Labor Day

Monday, September 2nd is a holiday and licensees participating in toxicology are exempt from calling in for testing that day. For a full list of test exemption holidays please visit "Other Resources" at [www.RBHMonitoring.com](http://www.RBHMonitoring.com).

## Travel Plans

Several of you have been traveling this summer. Mark would like to remind you to get your requests in early and not wait until the day before you leave. Please remember that we require a two week notice of travel plans so we can identify testing sites in your travel area. Send in travel zip codes and dates as soon as possible. Also, please remember to carry your paper chain of custody forms with you on your travels.

## Toxicology Testing Exemptions

Please be reminded of the HPSP Guidelines available at [www.RBHMonitoring.com](http://www.RBHMonitoring.com). This month, you are reminded of the HPSP Toxicology Testing Exemption Guideline. After nine months of compliant participation, a licensee is eligible for 10 exemption days over the next three months when the licensee is in a travel status and the collection site is more than 20 miles from the travel location. Please make arrangements two weeks in advance of the travel by requesting collection sites. When collection sites are within 20 miles of the travel location, exemptions are not eligible. Collection sites are available near popular vacation destinations including Disneyland, Las Vegas, and most of the Hawaiian Islands. When collection sites are more than 20 miles away, licensees who are compliant for a year are eligible for more test exemptions as outlined in the Guideline. Following a report of noncompliance, a licensee is not eligible for test exemptions for nine months.

## HPSP Outreach

The HPSP Team is scheduling informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton, Ph.D. (503-802-9813; [Christopher.Hamilton@IBHSolutions.com](mailto:Christopher.Hamilton@IBHSolutions.com)) for more information, or to schedule a meeting.

## On the Road to Safety

Many of us drive so often that we operate on autopilot. We step in and out of our cars without giving our actions, or our safety, a second thought. By taking even the shortest ride for granted, you may be putting yourself and those who ride with you at risk. Maybe you follow the speed limit, use your signals at every turn, and turn your lights on when it's raining so that other cars can see you better. But there are more safety rules to consider.

The next time you're about to take a drive, test yourself. If you answer "no" to any of these questions, correct the problem before you drive.



### 1. Before You Get in Your Car

- Have you let friends and family members know about your planned route and your estimated time of arrival?
- Is your car in good working order, with safe tires and plenty of gas?

### 2. In the Driveway

- Is everyone buckled up? Wearing a seat belt is the law in most states, and it is the best protection in collisions. Air bags are not a substitute for seat belts.
- Are babies and small children in a child safety seat? And are they in the back seat? The safest place for them is in a child safety seat in the center of the back seat.
- Are all children who have outgrown child safety seats sitting in the back seat with their seat belt fastened? Kids can be injured or even killed if they are in the front seat when an air bag opens.

### 3. While Driving

- Are you well rested? Don't drive when you're drowsy.

### 4. Personal Safety

If you drive in a high-crime area, be sure that your answer is "yes" to all of these questions:

- Are your car doors locked and your windows up? You don't want anyone to be able to reach inside the car while you are stopped.
- Are all valuables, such as wallets and purses, out of sight? If you have a trunk, put them in there.
- When stopped, do you avoid being "boxed in" by other cars? Leave enough space to get away from a threatening situation. If someone suspicious approaches your car, blow your horn.
- Do you park in busy, well-lit areas?
- Do you lock your vehicle and take the keys? Never leave your car with the motor running. A few moments are all a thief needs to steal a car. Also, don't hide a spare key on your car, such as under the bumper.
- Do you exit and enter your car quickly, with your keys in hand?
- When you use valet parking, do you leave only the ignition and door keys, not your house keys?

If you have car trouble in an area that might be dangerous, try to get to a safe location. If you're not able to, try to find a 24-hour store, or use a cellular phone to call for help.

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HPSP: 888.802.2843