

Teams Live -info 28th of May – Safety at work

The topic of the Teams Live info session this Thursday is Safety at work and occupational health care services for workplaces. The live feed will begin at 2 p.m. and a recording of the session can be watched at the same address later on.

In future, we will arrange Teams Live info sessions whenever necessary and send service messages to inform you about them. Please remember that current information and [answers to frequently asked questions](#) can be found on our website.

Teams Live info session Thu 28th of May at 2pm



Safety at work – Support for workplaces from occupational health care services

The coronavirus epidemic and the restrictions related to it have largely changed our society and the nature of working life this spring. Now, as the epidemic is slowing down in Finland, the restrictions are due to be lifted in accordance with the Government's hybrid strategy. While society is slowly being reopened, and returning to a "new normal" as safely as possible is being planned, the effects of lifting these restrictions on how the virus continues to spread in Finland is being monitored and active efforts to prevent the virus from spreading are being taken, including the Test, track, isolate and treat strategy, until a possible vaccination has been made available.

In order to prevent the epidemic from spreading again, careful planning is required in reopening society and returning to workplaces. Accordingly, companies and employers now have many new and somewhat unprecedented things to consider while ensuring the safety of working and accessing their services.

Mehiläinen Working Life Services wants to do its part to help workplaces establish safe operating methods and practices to ensure the maximum safety of working. For this purpose, we have created a concise information package about returning to work for our corporate customers and collected information and links about current issues in working life and the safety of working on [our website](#).

Consult your occupational health team for more information and concrete help in risk assessment, controlling the epidemic at workplaces and planning the safety of working.



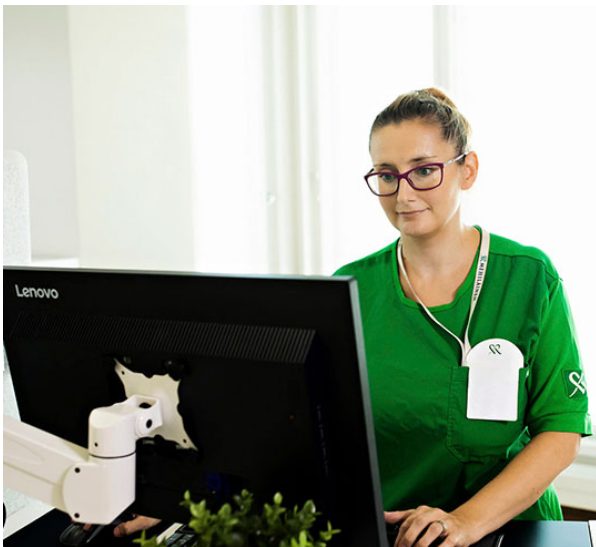
Coronavirus testing options at Mehiläinen

Mehiläinen's capacity for performing analyses is good, and everyone who should be tested according to a doctor's assessment can be tested. We follow [the instructions issued by the Finnish Institute for Health and Welfare](#) in assessing the need for testing.

Coronavirus infections can be confirmed by performing a PCR analysis of a nose and throat sample. It is the only test that can currently be used to make a COVID-19 diagnosis, which makes it the primary test for patients with symptoms. In addition to the PCR test, Mehiläinen also performs tests that detect the presence of coronavirus antibodies. According to a doctor's assessment, these tests can be performed on persons whose symptoms have already subsided in order to determine whether the disease behind the symptoms was caused by the coronavirus. Learn more about [coronavirus tests](#) and how they are performed appropriately.

Coronavirus tests are now covered by Kela's reimbursement plan

From 1 April 2020 onwards, coronavirus and antibody tests are covered by Kela's occupational health care reimbursement plan, provided that the occupational health care agreement includes medical care services and the employer and the service provider have agreed upon performing coronavirus tests. The costs of these tests are included in reimbursement category II. [Kela's instructions dated 28 April 2020](#)



Expanded availability of remote appointments

In occupational health services, remote video and phone appointments are now available to all occupational groups and they can be booked with the OmaMehiläinen app or online service and in our online appointment booking service.

Remote appointments can also be booked by our occupational health customers who use the OmaTyöterveys phone service.

[Read more about the service](#)



Occupational physiotherapy services now available also as video appointments

This spring, many people have been forced to work remotely, and the ergonomics and equipment of working from home are not optimal in every home. The ergonomics guidelines provided to workplaces cannot always be followed at home, and it is perhaps easy to pay less attention to the matter at home. As a result, any problems with the neck, shoulders, upper limbs or back may have become worse and seeking help for these problems may feel unimportant due to the epidemic. However, it is important to address any problems with the musculoskeletal system as soon as possible to prevent them from worsening.

Mehiläinen's occupational physiotherapists' counselling and guidance services are now available as video appointments in addition to normal personal appointments. Video calls allow for providing self-care instructions as well as assessing work ergonomics at home and giving related instructions, which make them ideal for providing help in problems with ergonomics while working from home.

[Read more about occupational physiotherapy services](#)



Coronavirus information and tips for daily life from experts

What should I know about the coronavirus and COVID-19? How can I alleviate my coronavirus anxiety? What is the role of the immune system in coronavirus infections? Our experts answer these questions and many other questions about the coronavirus and share useful tips that everyone can apply in their daily lives.

[Watch and listen to the interviews](#)

For updated information and instructions, see our website

Our website contains comprehensive information relating to the epidemic. For example, we are frequently updating [the frequently asked questions section](#) and introducing new services and articles to support your employees. You can contact us by email at yrityspaattajat@mehilainen.fi

For more information, instructions and advice on how to protect your staff from the coronavirus, please contact your occupational health nurses and physicians. The Finnish Institute of Occupational Health website also has a set of guidelines for workplaces. As the current situation is changing rapidly, we recommend you actively follow the information released by the authorities, [the Finnish Institute for Health and Welfare](#), your local public sector health care provider and [Mehiläinen](#).



Source of address: [Mehiläinen Oy's customer register](#). Calls within Finland to our corporate phone number starting with '010' cost €0.0835 each + €0.1669/min from a fixed-network line or mobile phone.

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