

Every year during the first week of May, **North American Occupational Safety and Health** is recognized and aims to promote occupational safety aimed at preventing injuries and illnesses. OccFit Solutions prioritizes workplace health by providing employees with effective graduated compression socks and stockings that improve leg aches and fatigue while preventing health complications, such as Deep Vein Thrombosis (DVT), Varicose Veins, edema, and many more conditions.



### OccFit Solutions Program

OccFit Solutions offers On-Site and Virtual programs that include one of our Certified Fitters speaking with employees to educate the benefits of compression socks and stockings, help employees understand what products best meet their needs, and ensure correct sizing during the ordering process! OccFit Solutions also offers a line of orthopedic braces for the employees for long periods of time perform repetitive tasks, lift heavy items and stand or walk on hard surfaces.

Your company can render a certain number of pairs of compression socks/stockings to all employees or to high-risk cases on a company-pay basis. Some companies consider compression personal protective equipment (PPE) and work the cost into their budget accordingly.

Employees themselves can opt to purchase compression socks or stockings as an out of pocket expense or as a payroll deduction.

***In the great majority of cases, company insurance covers the cost of the compression garments for an employee with a doctor's note.***

***OccFit solutions handles the administrative duties associated with the insurance-pay program, such as contacting doctors' offices for prescriptions and billing insurance for reimbursement.***

### Why Compression Socks Should be Part of Your Work Wardrobe

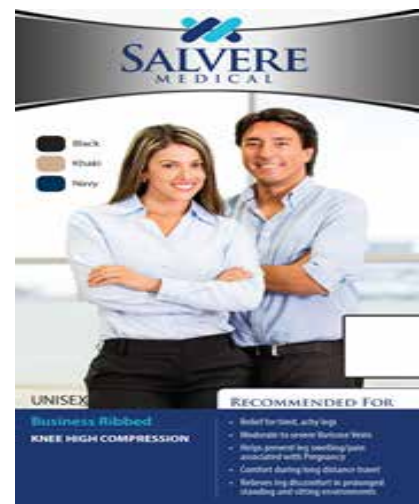
Prolonged standing or sitting has detriments to our circulation. Circulation in our legs is based on muscle contraction to assist the blood flow. The veins in our legs are the furthest from our heart. When you are sitting or standing for prolonged periods of time, gravity pulls the blood downward which may cause pooling in your legs. This makes it tougher to return blood to the heart. Compression socks are graduated with pressure being higher at the ankles and decreasing up the leg, which assists in moving blood and lymphatic fluid up the leg and back to the heart!

### Healthy Leg Day:

OccFit Solutions will host a comprehensive lower-leg program, called "Healthy Leg Day" to fully educate all employees of our program, products and services, as well as assist them in measuring for their socks and the ordering process. To schedule a Healthy Leg Day with us, please contact OccFit Solutions at 800-915-1814.

### Health Fairs:

OccFit Solutions can visit your company location during a vendor Health Fair. A table display will be set up complete with swatches, literature, paperwork, measuring tapes, and promotional items. Whether it is in-person or virtual, OccFit Solutions can work with your company's guidelines to ensure proper education and understanding of our products and services.





Women have unique health issues such as pregnancy and menopause. Even some of the health issues that affect both men and women can affect women differently, including osteoarthritis — which tends to affect women **more**. For the hardworking women who suffer with pain and limited mobility due to osteoarthritis, OccFit Solutions' compression socks can lessen your symptoms of arthritis by applying mild pressure to affected joints, which can help with inflammation and swelling. In addition, this reduced swelling allows increased blood flow to muscles and joints. Stiff and swollen joints may also make feet feel numb or have lessened sensation, which can increase the risk of loss of balance and falls and difficulty walking. Compression socks may help add sensation back to your lower extremities.

## TRY THE OS1ST KS7 COMPRESSION KNEE SLEEVE TO EASE YOUR OSTEOARTHRITIS KNEE PAIN

The KS7 Compression Knee Sleeve uses patent pending Compression Zone Technology to:

1. Embrace the knee joint in 6 zones of graduated compression specifically designed to improve circulation while stabilizing the structure of the joint and relieving pressure on swollen and sore muscles and tendons. If you're facing runner's knee, jumper's knee, or the frustration of chronic arthritis, this thin and comfortable sleeve can offer the benefits of heavier and bulkier knee braces, but you can wear it under your normal pants.
2. Stabilize the knee joint, promote efficient circulation, and ease the pain caused by runner's knee and other related conditions. Unlike similar devices that rely on heavy neoprene and velcro, the KS7 is made of light and thin moisture-wicking fabric you can wear any time, under your normal clothes.
3. Promote efficient circulation while relieving the pain of runner's knee and related conditions using medical grade orthopedic support and graduated compression. As effective as bulkier knee braces, but thin, light and comfortable.



Since the COVID-19 pandemic, honoring our nation's nurses is more profoundly significant, which makes this month of recognition in May even more important! Whether it is a national health emergency or routine daily care, nurses' vital contributions impact the health and well-being of our family, friends and community. The OccFit Solutions wants to thank the Nurses who have gone above and beyond this past year to ensure the health and safety of others while risking their own. We are so grateful for your bravery and hard work!

OccFit Solutions love nurses! Nurses promote health and wellbeing for their patients, and this month (and every month) we prioritize them and how they feel on and off the job!

### 4 Reasons Why Every Nurses Should Wear Compression Socks:

1. Compression Socks Reduce Fatigue in the Legs
2. Compression Socks Prevent Varicose Veins
3. Compression Socks Reduce Swelling
4. Compression Socks Help with Muscle Recovery



Sponsored by The Centers for Disease Control (CDC) and recognized by the National Heart, Lung and Blood Institute (NHLBI), **National High Blood Pressure Month** raises awareness about the impact of hypertension. The observance aims to reduce death and disability related to high blood pressure by increasing public education. According to the American Heart Association, nearly half of U.S. adults have high blood pressure, and only about 24% of these adults have their condition under control.



### What Do Your Blood Pressure Numbers Mean?

The only way to know if you have high blood pressure (hypertension) is to have your blood pressure tested! Understanding your results is key to controlling your blood pressure!

#### Your blood pressure is recorded as two numbers:

*Systolic BP:* This is the top number that indicates how much pressure your blood is exerting against your artery walls when the heart beats.

*Diastolic BP:* This is the bottom number that indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

#### Normal:

Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.

#### Elevated:

When readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.

#### Hypertension Stage I:

When blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.

#### Hypertension Stage II:

When blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

## Medication-Free Methods to Controlling Your Blood Pressure

Lifestyle habits play an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you might avoid, delay or reduce the need for medication!

- Aim for a healthier weight and watch your waistline: Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (otherwise known as sleep apnea), which further raises your BP. Losing even a small amount of weight if you're overweight or obese can help reduce your BP. In general, you may reduce your BP by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose. Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high BP.
- Exercise regularly: 150 minutes a week, or about 30 minutes most days of the week, can lower your BP by about 5 to 8 mm Hg if you have high blood pressure! If you have elevated BP, exercise can help you avoid developing hypertension. If you already have hypertension, regular physical activity can bring your BP down to safer levels.
- Reduce your sodium intake: Even a small reduction in the sodium in your diet can improve your heart health and reduce your BP by about 5 to 6 mm Hg if you have high blood pressure. The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.
- Find ways to reduce and manage your stress: Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress!

### Is It Safe for Me to Wear my Compression Stockings with Hypertension?

Your first instinct might be to think that there would have to be a conflict between wearing compression socks or stockings and the risk of high blood pressure. It seems only logical to conclude that by compressing something – in this case, the outer part of the legs – the blood pressure inside the compressed veins would have to increase.

Actually -- compression and support garments do not cause or increase blood pressure in people with normal blood vessels and circulation. Graduated compression stockings merely increase the speed and volume of blood flowing in the veins and prevent swelling from the pooling of blood in the superficial leg veins (varicose veins) and/or excessive fluid build-up (edema) in the connective tissue of the legs.

### DO YOU NEED HELP OBTAINING YOUR CORRECT MEASUREMENTS?

Your health doesn't stop being a priority, even when it's a challenge to leave the house. For your convenience and safety, we offer secure and easy virtual visits with our Certified Fitters by video to assist you in getting the correct measurements for your Compression Socks/Stockings and Orthopedic Bracing needs. Our real-time, online scheduling lets you choose from available times so you can book your virtual appointment instantly with one of our Certified Fitters.

To schedule your appointment, please visit <https://occfitsolutions.com/virtual-measurement>