

Welcome, new caregiver!

As you start your journey as a caregiver within the Providence family of organizations, Caregiver Health Services (CHS) is here to support you and ensure a safe, healthy experience that contributes to your overall safety and well-being.

CHS is responsible for respiratory protection training and fit testing; monitoring, screening and vaccinating against communicable diseases; managing exposures; and promoting well-being practices and activities.

Learn more about our services to support you through your caregiver journey.

Confidentiality

We respect the confidentiality of individuals and handle all information in accordance with legal requirements and our own policies. Caregiver health records are maintained in a separate occupational health database or in separate files from other employment or HR-related records.



**Scan to report a blood
and body fluid exposure or to find
your local CHS office location and
phone number.**

ChooseWell

MyChooseWell.org

Updated Oct. 30, 2025

Caregiver Health Services



Services

Vaccination Records

Access your immunization records and other services through www.MyChooseWell.org. You can also explore all benefit information, including health insurance, retirement, work-related incidents, leaves, and well-being.

Medical surveillance

Annual surveillance will be performed according to OSHA or local health authority requirements and may include tuberculosis testing, hearing tests, respirator training, or testing related to potential environmental exposures.

Blood and Body Fluid Exposure

Caregivers who experience a blood or body fluid exposure may receive baseline and follow up blood testing, necessary immunizations and education through Caregiver Health Services. After sustaining a blood and body fluid exposure, caregivers should complete first aid then notify their core leader and CHS immediately.

Vaccinations

We also offer vaccinations for measles, mumps and rubella (MMR), Hepatitis B, varicella (chickenpox) and tetanus, diphtheria and pertussis (Tdap), and the annual influenza vaccine following Centers for Disease Control and Prevention (CDC) and local health authority guidelines.

Medical Surveillance

Annual flu vaccinations

Seasonal influenza vaccinations are provided to caregivers each fall. Caregivers are asked to get a flu shot or complete a declination form. Caregivers who decline the vaccine may be required to wear a mask during influenza season in some locations. Please see your local policy for details.

Tuberculosis Screening

All new caregivers will be screened and most will be tested for tuberculosis (TB) as part of the onboarding process. Annual TB surveillance is conducted in ministries and regions where required.

Respiratory Protection Program

All caregivers whose work requires the use of an N95 mask or Powered Air Purifying Respirator (PAPR)/ Controlled Air Purifying Respirator (CAPR) must first complete the Occupational Safety and Health Administration (OSHA) Respirator Questionnaire, be medically cleared for training and receive respiratory protection training. Annual fit testing and training is required.

COVID-19

All workforce members working on site are encouraged to receive all updated COVID-19 vaccines.

Exposure Management

If you are exposed to a communicable disease, CHS will:

- Monitor and follow-up once your exposure is confirmed.
- Provide guidance on work limitations for exposures that occurred in or out of work.

If you are diagnosed with a communicable disease, please contact CHS Call Center (949-534-4450) for reporting and clearance to return to work.

What to do when you are sick

Caregivers with the following symptoms should notify their core leader and CHS and should not come to work:

- A fever of 100.4F or higher, by itself or with any of the following symptoms: cough, runny nose or sneezing, sore throat, or swollen glands in the neck
- Any draining skin lesions which cannot be contained by an occlusive dressing
- Redness and/or discharge from either eye
- Acute vomiting and/or diarrhea (3 or more loose stools in 24 hr.) such as gastroenteritis, which can be accompanied by other symptoms (e.g., fever, abdominal cramps), must be resolved for 48 hours before returning to work.
- New, undiagnosed rash with itching (+/-fever) must be cleared through CHS before returning to work.

For a complete list of conditions and work restrictions if exposed or if illness develops, please see our communicable disease management guidelines on the Caregiver Service Portal.

CHS Call Center
949-534-4450