



Where can you find NS Medical Department's forms, documents and other resources?

On the “Medical” page on the ERC,

or

Outside the NS network at:

www.nscorp.com

On the "Medical" page on the ERC

1 Go to "Employee Self Service"

2 Click on "Medical Information"

Then, look over here

Medical Information - Employee Resource Center - Windows Internet Explorer

https://newerc.nscorp.com/irj/portal

File Edit View Favorites Tools Help

Medical Information - Employee Resource Center

Home Employee Self Service

ESS Home | About Me | My Pay

Medical Information

Detailed Navigation

- ESS Home
- Getting Help
- Getting Started
- Wick's Page
- Our World Our Choice
- Future Track & InnovationNS
- Diversity
- Other Links
- Other Programs
- Mainframe Access
- WellNS
- EEO
- Ethics/Corporate Policies
- Medical Information**
- Service Metrics

Business Objects

Organization Chart

Help | Change Password | Log off

NS

Good flu season

- Seasonal Influenza Information
- Flu Prevention
- Good Health is in Your Hands
- Stop the Spread of Germs at Work

Wellness

Nothing is more important than our health. It impacts our ability to work, eat nutritious foods, or not smoking affects our health. Our wellness program, is designed to help you choose a healthy lifestyle. For most of us, good health is attributed to lifestyle behavior? For most of us, good health is attributed to lifestyle behavior? For most of us, good health is attributed to lifestyle behavior?

Contact Information

- Medical Department Personnel Phone Directory
- Red Flyer for Employees (Direct Contacts for NS Medical Dept Case Coordinators)
- Gold Flyer for Supervisors (NS Medical Dept Direct Contacts)
- Physical Exam Facility List
- Vocational Rehabilitation Services flyer
- Links (step by step guide)
- FMCSA's Driver Medical Fitness for Duty page
- How to access NSMD forms, documents, and other resources

General Information

- Supervisor Instructions for Employee Medical Matters
- Supervisor Checklist for Employee Medical Matters
- Resources Summary Chart for Employees (NSMD)
- Resources Summary Chart for Supervisors (NSMD)

Forms

- Fax Cover Sheet

Outside the NS Network... just a few clicks

1

Go to www.nscorp.com

2

Click on
"EMPLOYEES"

3

Click on "Medical"

Then, look here

The screenshot shows the Norfolk Southern website with the following elements:

- Browser Address Bar:** <http://www.nscorp.com/nscportal/nscorp/>
- Navigation Menu:** CUSTOMERS, INVESTORS, SUPPLIERS, MEDIA, COMMUNITY, EMPLOYEES
- EMPLOYEES Dropdown Menu:**
 - Employee Resource Center
 - Login to Mainframe -
 - Medical
 - Health Questionnaire
 - Return To Work Information Sheet
 - Return-to-Work Checklist
 - Fax Cover Sheet
 - Rail Labor Facts
 - SPIRIT Awards
 - Diversity
 - Equal Employment Opportunity
 - WellNS
 - Ethics & Compliance
 - BizNS
 - DARS
 - Retirees
 - Download the NS L...
 - 40 Years of Service
 - Matching Gifts Program
 - Mainframe Reports
 - Vocational Rehabilitation Services
 - Norfolk Southern's "pier without peer" sets new U.S. coal transload benchmark
 - Norfolk Southern names seven to new management responsibilities
 - Norfolk Southern names Marta Stewart Executive Vice President and CFO; John Rathbone to retire
 - Norfolk Southern coal vessel loading is Virginia's largest. Period.

Other visible content includes a search bar, a "SEE HOW" button, and a section titled "Our Vision" with the text: "Be the *safest*, most *customer-focused* and *successful* transportation company in the world".