

4 STEP PROCESS

FOR BETTER HEALTH AND WELLNESS

*Take Control and Continually Track your Health and Wellness by utilizing this easy 4 STEP PROCESS – Stay on top of your health and **get checked every 6 months!***

STEP 1 - Identify a Primary Care Physician (PCP) that accepts your Health Insurance, if you don't already have one.

STEP 2 - Schedule a Wellness Visit, 6 months after your Fire Department Physical Exam.

The visit will be billed and may limit what tests your primary care provider (PCP) can order. Your insurance company has a list of approved diagnostic or lab tests that will be covered during your wellness visit. If it is not on the list, you might get a bill from the lab or diagnostic testing company. Be sure to be clear about what type of visit you are scheduling so you don't end up with surprise bills.

STEP 3 - When you meet with your PCP, advise them that you are a Firefighter (See other reference materials to share: FSTAR Providers Guide and HFFD Reference Sheet)

Make sure that all the “high risk” areas are being addressed that are specific to the job of firefighting. These may include: early cancer screening based on family history and occupational risk, heart disease screening, blood pressure reading in both arms, colonoscopy/endoscopy, prostate evaluation, thyroid, bladder cancer, and Behavioral Health Screening.

Standard wellness visits typically include the following: Visit with primary care provider, labs (CBC, CMP, Lipids, Glucose, HgbA1c, CRP, PSA (above age 40), colonoscopy (above age 50), well woman exam, mammogram (after age 40), FOBT annually, immunizations, BMI, OGTT

STEP 4 - Compare test results of you Fire Department Physical Exam and your Wellness Exam to track and trend your health needs. If you have some abnormal results or need assistance with developing a plan to address issues, discuss this with your PCP or FD Doctor.