

Hoag First Responder Program

Created for: City of Fullerton

RFP# 2526-RFP-010

Attn: Vanessa Slouka

March 2026





Hoag Clinic, *D.B.A* Hoag Executive Health
500 Superior Ave, Suite 200
Newport Beach, CA 92663
949.999.9300

March 20, 2026

Hoag Executive Health is excited at the opportunity to participate in the City of Fullerton Firefighter Wellness and Blood Cancer screening programs. In the following proposal, Hoag Executive Health will illustrate just how uniquely qualified our First Responder Program staff are to accomplish every aspect of the Scope of Services, as well as our willingness to work hand in hand with the Fullerton Fire to offer enhanced service components unique to Hoag.

At present the Hoag Executive Health First Responder program conducts roughly 2,500 specialty assessments annually, conducting exclusive health and wellness programs for such clients as the Orange County Fire Authority, LA City Fire, Anaheim Fire & Rescue, City of Irvine Police Department, Anaheim Police Department Huntington Beach Fire, San Bernardino County Fire, Costa Mesa Police and the City of Anaheim, just to name a few. In the case of 3 of these agencies, we have provided not simply similar programs, but for Orange County Fire Authority and Anaheim Fire & Rescue and HBFD, identical annual wellness exams, along with blood cancer as well as other enhanced programmatic services. Presently, Hoag Executive Health is the preeminent clinical partner for the Firefighter Wellness division at Grail, the makers of the Galleri Multi-Cancer Blood test. Having conducted both large scale Galleri screening events, as well as implementing the testing protocol directly into the annual Firefighter Wellness exam program for the Orange County Fire Authority and Newport Beach Fire, Hoag Executive Health is regularly asked to consult and advise agencies contemplating the implementation of a blood cancer screening program.

Yet another differentiator for the Hoag First Responder Program is our superb clinical and fitness staff all of whom have decades of experience delivering our proprietary set of assessments to populations identical to Fullerton Fire personnel. Their understanding of the unique stressors and challenges associated with tactical athletes and emergency responders translates to our ability to provide meaningful, applicable health recommendations and fitness programming that can be immediately implemented, leading to effective and lasting health and lifestyle changes.

In addition to our experience with these populations and outstanding dedicated First Responder team, the Hoag Executive Health program is lucky enough to have state-of-the-art facilities and equipment. While we have the ability to coordinate on-site blood-draws for the multi-cancer screening, Hoag Corporate Health is proposing to deliver the Firefighter Wellness program in our newest dedicated medical offices located in Newport Beach. This facility is equipped to deliver every component of the medical and fitness evaluations in our 10,000sq ft special programs suite that includes fully equipped exercise labs, technology integrated exam



rooms, private lounges for participants and the newest clinical and fitness diagnostic tools. In addition, we have imaging capabilities located in our medical office building which allows for a simple and smooth logistical process for participants.

Below we will outline some preliminary approaches to how we foresee implementing and supporting this program – as with any of our First Responder programs, we understand scheduling and logistics may limit some of the proposed options and welcome the ability to adjust in order to accommodate Fullerton Fire personnel.

Hoag Executive Health appreciates the City of Fullerton's consideration of the following proposal and we welcome the opportunity to work together. Please note that proposal pricing will be valid for 180 days.

Regards,

Justin Davis
Vice President – Business Development
Hoag Executive Health

A handwritten signature in black ink, appearing to be "Justin Davis", written over a horizontal line.

Proposed Delivery Location:

Hoag Executive Health
500 Superior Ave, Suite 200
Newport Beach CA 92663
949.629.2600



Annual Firefighter Wellness Exams

Hoag has designed specialized clinical and fitness programs for tactical and first responder personnel. The Hoag First Responder Team has extensive experience providing customized clinical, fitness, and wellness services to law enforcement and fire departments throughout Orange, Los Angeles & San Bernardino Counties.

We utilize the expertise of our physicians and exercise physiologists to uphold IAFF compliance, ensuring that your team is not only physically and mentally healthy, but that they have resources and support to remain at their best all year long.

Our mission is to be a resource to first responders and Hoag is committed to providing world-class health care services to our local first responder personnel.

Hoag Executive Health will assess ten distinct categories or systems, to identify and assess participants' disease risk and performance as well as opportunities for improvement in each of the categories as follows:

Heart & Circulation	Brain & Nerves	Blood & Immunity
Lipid Profile	Reflex & Sensations	Blood Composition
EKG	Hearing Screen	Immunity
Blood Oxygen	Vision Testing	Anemia
	Strength & Balance	Leukemia
	Symmetry	
Lungs & Breathing	Hormonal & Glandular	Muscular & Bone
Pulmonary Function	Pre-Diabetes Markers	Muskoskeletal Assessment
Maximum Oxygen Consumption (VO2 Max)	Metabolic Panel	Strength Assessment
Exercise Heart Rate Ranges	Metabolic Rate	Postural Screen
	Heavy Metals	Body Composition
		Functional Mobility
Stomach & Gastrointestinal	Kidney & Urogenital	Fitness & Exercise
Liver Function Panel	Urinalysis	WFI Assessment
Gallbladder Markers	Cancer Screen PSA (Men)	Fitness Goals
Micronutrients	BUN, Creatine Panel	Assessment of Limitations
Protein		Exercise Prescription/Programming
Diet & Nutrition		
Assess Current Nutrition (food log)		
Identifying Healthy Eating Barriers		
Resting Metabolic Rate		
Nutritional Information		



In addition to the categories by which Hoag Executive Health will assess each Fullerton Fire Wellness Exam participant, below we have outlined the individual components included in each exam.

<p>Questionnaires</p> <ul style="list-style-type: none">• Medical History & Health Risk• Behavioral Health (PHQ-9)• Fitness and Nutritional Assessment <p>Blood Work</p> <ul style="list-style-type: none">• CBC• MMR, Varicella, Hep B/C Titers• CMP• hs-CRP• Lipids• PSA (over 50)• Heavy Metal Panel*<ul style="list-style-type: none">• Blood & Urine Heavy Metals (Lead, Mercury, Arsenic RBC Cholinesterase)• TB QuantiFERON• Tetanus Vaccine 10-yrs <p>Clinical Evaluation</p> <ul style="list-style-type: none">• Audiogram• Vision Testing• Vitals• PFT (Spirometry)• EKG• Comprehensive Physical Exam• Neurological Exam• Musculoskeletal Assessment• Hernia Exam• Skin Cancer Screen• Clinical Breast Exam <i>optional</i>• Prostate Exam <i>optional</i>• DRE <i>optional</i>• Chest x-ray	<p>Fitness & Nutrition Evaluation</p> <ul style="list-style-type: none">• Functional Movement Screen• Body Composition Analysis• Skin Fold Assessment• VO2 Max (gas exchange)• Hand Grip Strength• Pushup Test• Posture Assessment• Abdominal Strength• Nutritional Assessment & Plan• Fitness Assessment & Plan <p>Optional Exam Evaluations</p> <ul style="list-style-type: none">• CA DMV/DOT Exam if needed or requested <p>Report</p> <p>Contents</p> <ul style="list-style-type: none">• Bloodwork• Clinical Data• Physical Exam Report• Recommendations & Actional Plan• Report provided to participant at conclusion of exam• Physicians clearance statement
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Sample Crew Schedule

<p>9:00 am</p>	<p>Check In</p>	<p>10:15 am</p>	<p>Physical</p> <ul style="list-style-type: none"> • Comprehensive Physical Exam • Review blood work • Fitness for Duty Eval • OccMed Consult • Skin Evaluation • Head to Toe Exam • Muscoskeletal Exam • Hernia Exam (male) • Neurological Exam • Cancer Screening • Immunization Screening
<p>9:15 am</p>	<p>Chest X-Ray Ultrasound Exam</p>	<p>11:00 am</p>	<p>Fitness & Nutritional Evaluation</p> <ul style="list-style-type: none"> • Functional Movement Screen • Pushup Test • Abdominal Strength • Posture Screen • Vo2 Max Test • Hand Grip Strength • Stress EKG <i>risk satisfied</i>
<p>9:45 am</p>	<p>Nurse Testing</p> <ul style="list-style-type: none"> • Body Composition Analysis • Urine Sample • Temperature • Blood Pressure • Spirometry • EKG • Hearing • Vision (Titmus/Color Vision) • Pulse OX 	<p>11:45 am</p>	<p>Report Review</p>

Following the physical, the physician will review a comprehensive Wellness Report with the client that will provide a snapshot of the client’s current health. Our team is available throughout the process to work with the client on all aspects of the program and prepare them for their exam.



Data Analysis & Presentation

Hoag Executive Health sees the interpretation of the complex data and assessments gathered during the Annual Medical exams as one of the key aspects effectively conducting these specialty exams. Ensuring that the results and more importantly, any actionable recommendations is easy for participants to understand and follow will only increase the effectiveness of the data and information that is gathered. Hoag Executive Health physicians have over 65 years of combined executive physical experience amongst them – coupling this with the knowledge of our coaches and exercise physiologists translates into invaluable expertise in creating and presenting realistic health goals, exercise, fitness and nutritional plans for Huntington Beach personnel.

Our proposed approach to the Annual Medical exams will utilize a proprietary set of risk calculations that will enable participants to have a clear, tangible understanding of their current health state when compared to a mean of people in their age and activity group and to identify any potential limitations to completing the tasks required for success in the stated roles.

Data Review

The experience that Hoag Executive Health has, delivering these exact Scope of Services to almost a dozen different agencies throughout Southern California for almost 10 years, allows us to glean from our experiences and best practices developed through delivering thousands of specialty exams. Additionally, it is important to understand that our physicians specialize in this type of clinical delivery – solely practicing preventative, risk identification and Occupational health services...this is what we do.

For all of the Annual Clinical exams, each Fullerton Fire participant will have dedicated in-person time set aside immediately following the completion of their fitness assessment to review the entirety of their physical report – this will be done with the same exercise physiologist who performed their fitness and nutritional assessment. During this 20-minute follow-up, participants will personally review their physical report, lab work and other assessments. The results and recommendations entailed in each personalized physical report are created in such a way that they are actionable and easy to implement. Our physiologists will answer questions, give further suggestions and provide real-world examples of how to implement the fully customized health plan that was created for the participant. In addition, we will make it easy to share the report and data with each participant's primary care physician by providing a hard copy of all reports, labs and diagnostics for personal review. Our clinical and lifestyle recommendations focus on behavioral changes and when necessary therapeutic interventions which can be easily enacted by the participants' primary physician. Hoag Executive Health understands that participation in the Annual Medical exam program is only the start to positively impacting the health and well-being of participating firefighters – it is with this in mind that we have created our reporting and follow-up procedures aimed at ensuring positive change is simple to implement.

Lab Process

As it relates to the lab services process for Annual Clinical exam participants, Hoag Executive Health is proposing that we utilize a long-standing 3rd party lab partner, LabCorp, to perform the lab panel blood draws. Understanding that there will be significant eligible personnel and that these participants may not all live in Orange County boundaries, we feel as though the most convenient and reliable solution will be to utilize LabCorp and their significant network of draw locations throughout Southern California. The process

will be initiated once a participant is scheduled for his/her exam 30 days in advance, at that time they will be entered into the Hoag Executive Health EMR system and an electronic lab requisition will be created and sent to LabCorp. The participant will then simply need to log onto the LabCorp website from a computer, phone or iPad and locate the closest and most convenient LabCorp location to either his/her worksite or home. In addition, Hoag Executive Health will email each participant with a copy of the lab requisition (just in case) as well as a website link that lists all Orange County LabCorp draw sites and instructions for the fasting blood draw. Participants will be asked to ensure they have completed their blood draw within 2-weeks of their scheduled exam to ensure results are obtained prior to their physical. Results are then electronically sent to Hoag Executive Health typically within 3-5 business days from the blood draw. Below is the link and an image of the LabCorp “Find a Location” website along with the contact information for our LabCorp representative – Hoag Executive Health has used LabCorp since our inception 10 years ago and they continue to provide excellent service and reliability :

LabCorp Account Login Search LabCorp Specialty Labs +

BILL PAY LABS & APPOINTMENTS RESULTS TEST MENU PROVIDER SERVICES HELP

Home / Labs & Appointments

Find your nearest lab location and schedule an appointment using the search below.

Appointments must be made at least two hours in advance. Appointments are not required, and walk-ins are also welcome.
Please note: not all lab locations offer all services.

[Locate Me](#)

City -- Select State -- OR ZIP Code

Any Service 25 miles [Search](#)

- Advanced Search
- What to Expect
- Test Preparation
- Appointment FAQs
- Schedule a Paternity Test[Ⓔ]
- Modify Appointment[Ⓔ]
- Cancel Appointment[Ⓔ]
- Insurance Lists
- Rate Your Visit

<https://www.labcorp.com/labs-and-appointments>



Fullerton Fire Clinical Assessment Experience

Below is a step-by-step overview of the clinical assessment experience for Fullerton Fire personnel

1. Hoag Program Manager works with FD designee to establish an exam calendar – days of the week and dates that work best for that agency and personnel.
 - a. Hoag Program Manager will create a SharePoint calendar with designated exam dates/times and slots
 - b. FD designee will populate the exam calendar with participants in either 2, 3 or 4 personnel “crews”
2. Each agency will provide a participant list with names, DOB, email address and phone number of eligible exam participants.
3. Participant’s will begin the “exam prep” process 4 weeks prior to their assigned exam date
4. Hoag Program Manager will register each participant into Hoag Executive Health’s electronic medical record system
 - a. An email will be sent to the participant containing:
 1. Medical history and fitness assessment questionnaires
 2. Hard copy of the LabCorp lab requisition, lab draw instructions and a link to all LabCorp locations
5. Participant will complete their lab draw and applicable pre-exam questionnaires no less than 1-week prior to his/her annual exam.
6. 3-5 days prior to the scheduled exam date, participants will receive a confirmation email and phone call from the Hoag Program Manager confirming attendance on the scheduled exam date
7. Upon arrival in the office – participants will be checked in and a Hoag support staff member will walk participants to the imaging center to receive their baseline chest x-ray
8. Following completion of the chest x-ray, our staff member will walk the participant back to our office to begin the physical exam
9. The participant will first meet with our clinical support staff to capture all biometric/vital sign data
10. Diagnostic ultrasounds will be performed next, this portion of the exam will take approx. 15-minutes
11. Next, the participant will meet with the physician to review all pre-exam questionnaires and conduct a thorough medical health history. Additionally, at this time the fitness for duty evaluation and occupational medicine consultation will be performed
12. Following the physician’s consultation, the complete physical examination will be performed
13. Following the completion of the physical exam, participants will transition to a private exercise lab with our exercise physiologist for the fitness and nutritional evaluation – this portion of the exam will take approximately 45 minutes
14. Following the fitness and nutritional assessment, the exercise physiologist will excuse him/herself to retrieve the completed physical exam report in-hand to be reviewed with the participant
15. If there were any medically necessary referrals, our physician would coordinate these with the participant following the report review and prior to their departure.

In total, the entire exam process should take no more than 3-3.5 hours for a “crew” of 4 participants or 1.5hrs for an individual participant.



No-Show / Late Cancel (Unexcused)

In these instances, we will allow the participant to reschedule his/her Medical & Wellness physical exam preferably within 60-days of the original exam date and we will bill for 50% the cost of that designated exam. Late cancel would be considered as any cancelation with less than a 2-day's notice.

No-Show / Emergency Activities (Excused)

In these instances, we will allow the participant to reschedule his/her Medical & Wellness physical exam preferably within 60-days of the original exam date and we WILL NOT BILL for the cost of the exam.

No-Show / Other (Excused)

In these instances, we will allow the participant to reschedule his/her Medical & Wellness physical exam preferably within 60-days of the original exam date and we WILL NOT BILL for the cost of the exam.



Executive/Management Exams

The genesis of the Hoag First Responder program was built upon the over 65-years of physician experience and 15-years of operational experience providing the highest reviewed and rated Executive Physical program in the Western United States. Hoag Executive Health was developed to provide participants with an unparalleled assessment of their current health state, assessing every major system in the body and identifying current and future risk. Our program, unlike many others, is built upon a desire to not simply identify risk or disease, but rather provide actionable results, recommendations and lifestyle changes to directly address, improve and/or overcome the disease risk and improve overall health state. To gauge our service level, we provide every participant with a survey following their physical exam. We include a question regarding their likelihood of recommending our service to a co-worker, friend or family member – this is commonly referred to as a *Net Promoter Score* (many Fortune 500 organizations utilize the NPS score as a barometer of their success at exceeding the expectations of patrons). **Hoag Executive Health has maintained an NPS score of .90 or above for the last 5 years.** To put this in perspective, American Express has a Net Promoter Score of .52, Costco has a NPS of .72, and Trader Joes received a NPS of .62 in 2022. Clearly, participants enjoy their experience, see value in the Hoag Executive Health process and feel strongly that their friends, family and co-workers should have the same experience.

Personalized Physical Components		
Heart & Circulation	Brain & Nerves	Blood & Immunity
Advanced Lipid Panel	Memory Testing	Blood Composition
Inflammation Markers	Reflexes & Sensations	Omega 3-6-9 Distribution
Blood Pressure	Hearing Screen	CBC Complete Blood Count
Biometrics	Vision Testing	White Blood Cells and Differential
Carotid Artery Assessment	Strength & Balance	Red Blood Cell Count and Characteristics
Electrocardiogram	Cranial Nerve Assessment	Blood Composition
Stress EKG	Cognitive/Memory Testing	Anemia Screen, Platelets, Globulin Levels
Resting and Stress Echocardiogram	Comprehensive Vision Testing	
Abdominal Aneurysm Screening		
Lungs & Breathing	Hormones & Gland	Muscle & Bone
Pulmonary Function	Thyroid Hormone Testing	Movement & Pain
Allergies	Insulin Resistance	Strength Testing
Exercise Heart Rate Ranges	Metabolic Panel	Posture Screen
Pulse Oximetry	Metabolic Rate	Body Composition
Maximum Oxygen Consumption (VO2 Max)	Testosterone Testing	Flexibility Assessment
PA/Lat X-Ray		
Stomach & Gastrointestinal	Kidney & Urogenital	Joint Biometrics
Liver Panel	Urinalysis	
Gallbladder	Cancer Screen Pap Smear (Women)	
Micronutrients	Cancer Screen PSA (Men)	
Protein Panel	Kidney Function Markers	
Iron stores	Pelvic Exam (optional)	
Vitamin B9, B12, D		
Essential Fatty Acids with Omega 3-6-9 distribution		



Qualifications

Without sounding repetitive, Hoag Executive Health is truly uniquely qualified to deliver the Fullerton Firefighter Wellness program. Hoag is the number 1 rated health system in Orange County for the 10th straight year, and Hoag Executive Health is the preeminent provider of customized and personalized healthcare on the West Coast of the U.S., as illustrated by the partnerships and clients we serve. Our organization was founded Dr. James Lindberg who has been a luminary in the preventative and risk screening health space for almost 2 ½ decades. Dr. Lindberg founded the Hoag Executive Health program after Hoag Hospital determined that a best-in-class executive health screening program was lacking in the Southern California market. Every aspect of a patient's experience with Hoag Executive Health is framed by our desire to provide the highest level of clinical care and customer service to a very demanding clientele. Every member of our staff from our physicians to our medical assistants, practice managers, trainers and exercise physiologists...even our receptionists strive to exceed the highest expectation for clinical and customer service. We strive to turn what can be a stressful and worrisome event into an enjoyable experience through our friendly staff, comfortable facilities, and proactive approach to health. There are several features that the Hoag Executive Health program possesses that distinguish our clinical approach and equate to measurable success in effecting lasting, meaningful and positive changes in the health and wellbeing of our participants. We would state that these differentiators fall under the following 3 areas:

Clinical Structure

Our physicians are able to specialize specifically in screening and preventative medicine. As such, they're familiar with the logistical process and protocols of First Responder Exams and are able to spend significant time – much more than a typical “checkup” – with each first responder participant to ensure questions are answered and concerns are addressed.

Empowered Subject Matter Experts

Hoag Executive Health believes that in order to provide a truly personalized healthcare experience, we must have access to individuals who have expertise in as many clinical and fitness realms as possible. In addition to hiring the very best, we also can access clinicians and subject matter experts from each and every Hoag Hospital specialty institute (Cancer Institute, Heart and Valve Institute, Women's Health Institute, Hoag Orthopedic Institute, Neurosciences Institute). This means that whether it is for an educational talk, second opinion or creation of a new service or program, we are able to immediately access some of the best healthcare minds in the country at a moment's notice.

Tools and Modalities

Our Chief of Service Dr. James Lindberg has always believed that in order to provide a world-class program, we must be able to provide our patients access to the very best tools and modalities for the job. We incorporate a level of technology into our exams that other primary care providers simply do not have access to, and in turn this means that our patients are able to receive diagnostic tests and assessments that traditionally are not offered with most other providers.

Just some of the value-added benefits we are incorporating into the Annual Physical exam are listed below:



- Cutting edge equipment and facilities
- Online scheduling process
- Advanced skin cancer screening
- Digital Postural analysis
- Full Gas exchange VO2 Max and Resting Metabolic Rate analysis
- Employee Health and Occupational Health expertise
- Direct access to exercise physiologists and performance experts via email and phone
 - o Customized meal planning
 - o Custom workout program prescription

Proposed Implementation & Launch

Given our current delivery of the majority of this program for Fullerton Fire, Hoag Executive Health foresees requiring no more than 2-weeks for a full implementation of the Annual Physical exam program. Below is our proposed outline for the program launch:

Award and Kickoff Meeting (ideally within 1 week of bid being awarded)

- Introduction of all key Hoag Executive Health personnel (Program Director, Day to Day Manager, Medical Director, Exercise Physiologists, etc.), along with any other pertinent Fullerton Fire personnel directly involved in the Annual exam program.
 - o We will cover a detailed overview of the exam process from initial scheduling to completion of exam, handling reschedules and no-shows, how to handle urgent medical referral situations, etc.
 - o Determine best practices for day-to-day communication
 - o Set a preliminary schedule and desired content for quarterly in-person meetings
 - o Review invoicing/billing systems and processes

Follow-up/Pre-Launch Meeting (ideally 1 week prior to launch of program)

- The goal of this meeting will be to have final signoff/agreement on all exam scheduling and delivery systems and processes.
- Solidify any recommended changes to the exam process as proposed by FD designee/coordinator
- Solidify initial communication message and content to be distributed to all eligible personnel, announcing Hoag Executive Health as the new Annual Medical & Wellness Exam provider

Program Launch - **TBD**



Support & Delivery Team

Project Manager – Justin Davis, Vice President of Development

Justin currently oversees all operational and business development components of the Hoag Executive Health Program. Justin has a significant amount educational and work background that uniquely positions him for success in overseeing the Annual Medical & Wellness Exam program. Justin received his undergraduate degree from Cal-State Fullerton where he completed his Bachelor of Science degree in Kinesiology with an emphasis in Athletic Training. Upon completing his undergraduate degree, Justin began what would become a decade long role with Velocity Sports Performance, at the time, one of the country's largest strength and conditioning organizations. Justin continued his education, receiving an advanced degree from Long Beach State University in Sports Management – his experience working in clinical, athletic and business environments will provide an ease of understanding and an ability to directly interact in every component of the Annual Medical & Wellness Exam program. In addition to overseeing the Orange County Fire Authority's WEFIT program, Justin currently acts as the program director for the NFL Players Trust Brain and Body and Milestone Wellness Assessment programs. These are clinical joint venture programs with the Cleveland Clinic and Hoag Hospital wherein Hoag Executive Health oversees the management, delivery and administration for one of the most robust retired NFL player physical exam programs in the country.

Day-to-Day Account Manager – Ted Schaper, Coordinator – First Responder Programs

Ted currently is responsible for the day-to-day operational functions and management oversight of the Hoag First Responder program. Ted has been with Hoag Executive Health for 10 years. As the First Responder Program Coordinator, Ted oversees the world-class service delivery in each of our practice locations. Ted is responsible for every component of First Responder Programs, from personnel to clinical and service delivery, Ted is involved in all aspects of program oversight. Ted graduated with a bachelor's degree in physical education and has a number of sports medicine and fitness certifications from the NSCA and ACSM. Ted works out of our Newport Beach medical office.

Chief of Service – Dr. Jim Lindberg

Dr. Lindberg is Board Certified in Internal Medicine. Since 2011, Dr. Lindberg has managed the medical delivery of the Hoag Executive Health Program and since 2016 the Hoag First Responder program as its Chief Medical Officer. In this role, Dr. Lindberg works with the Hoag Executive Health Physician Faculty to develop quality standards for the program, develop the medical protocols and the delivery model for each of our specialized physical exams and screening programs, as well as overseeing the Hoag Executive Health Certification Program that prepares qualifying physicians to deliver physicals.



HEH Physician Faculty

There will be 6 Hoag Executive Health physicians who will administer the clinical portion of the Annual Wellness Exam Program (additional physicians may be added later as needed to meet demand). Only Hoag Executive Health Certified Physicians will conduct the annual exams being delivered at our medical facility in Newport Beach, CA. Below is a list of the physicians who will be administering the program:

James Lindberg, M.D. – Board Certified Internal Medicine

Steven Nemirov M.D. – Board Certified Family Medicine

Kory Tuominen M.D. – Board Certified Family Medicine

Glen Barbee – Board Certified Family Medicine

Pam Tabrizi, MD – Board Certified Family Medicine

Meenakshi Verma, MD – Board Certified Internal Medicine

Program Cardiologist – Dr. David Abrahamson

Dr. Abrahamson, a Board Certified Cardiologist, will oversee the cardiovascular components of the Annual Medical exam program. Dr. Abrahamson is a Fellow of the American College of Cardiology and was the Chief of Medical Staff at Irvine Regional Hospital and Medical Center from 2005-2007. Dr. Abrahamson is at the forefront of his specialty and widely regarded as one of the top cardiologists in Southern California. In this role, Dr. Abrahamson will review all cardiovascular tests, assessments, and labs in conjunction with the attending Hoag Executive Health Physician who performs the annual exams.

Exercise Physiologists

The primary function of the Exercise Physiologist is to assist the physician in providing fitness and nutrition testing/assessments to participants of the Annual Medical exam program. He or she will assess the participant's current fitness and performance levels through a series of tests. From these test results, the Exercise Physiologists then create an individualized exercise program for the participant. He or she will also assess the client's current diet and make nutritional recommendations accordingly.

Dan Sparks – Exercise Physiology / Strength Coach

Darien Pyka – Exercise Physiology / Strength Coach

Aubrie Jaime – Exercise Physiologist / Athletic Trainer

Shane Harris – Exercise Physiologist / Athletic Trainer

Wray Watkins – Exercise Physiologist / Health Coach / Strength Coach

Haley Lantiegne – Exercise Physiologist / Athletic Trainer

Sean Higgs – Exercise Physiologist / Athletic Trainer / Strength Coach

Our Team



Pelma (Pam) Tabrizi, MD



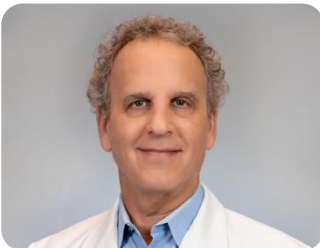
Amit Hiteshi, MD



James Lindberg, MD



Kory Tuominen, MD



Steven Nemirov, MD



Our Facilities



Exam Room



Fitness Facility



Fitness Assessment



V02 Screening



Postural Screening

Revolutionary Multi-Cancer Screening

Cancer screening is used to find cancer before a person has any symptoms. Through a new blood test available at Hoag, we can detect the presence of more than 50 types of cancers with 99.5% specificity, including:

Multi-Cancer Screening

- | | |
|---------------|-----------------|
| Breast | Kidney (Renal) |
| Colorectal | Liver/Bile Duct |
| Cervical | Lung |
| Endometrial | Melanoma |
| Esophageal | Ovarian |
| Gallbladder | Pancreatic |
| Head and Neck | Prostate |



A Breakthrough in Precision Medicine

This revolutionary technology for multi-cancer screening is proven effective at early and advanced stage cancer detection. It uses next-generation genetic patterns and machine learning to reveal significant DNA-level details. The precision of the screening provides highly accurate information at the moment of testing, such as identifying where the cancer originated in the body, to guide further diagnostic evaluation by Hoag physicians. Patients will receive a comprehensive report and extended time with their physician to review screening results, and can utilize the insights from their screening to inform a personalized care plan.

Request a Screening Today

Adults with an elevated risk of cancer, such as those age 50 or older, or individuals with a family history of cancer, should consult their physician about including this screening as part of their next physical exam or as a standalone lab appointment. Patients can call Hoag member services to review their insurance benefits and coverage for cancer screening.

Regular screening increases the chances of detecting certain cancers early before cancer has a chance to spread. This new blood test offered by Hoag can complement other recommended screenings by the American Cancer Society.

With Hoag You Have Peace of Mind

As Orange County's top choice for cancer care*, the Hoag Family Cancer Institute and its facilities and treatment technologies set the stage for expanded cancer research and world-class clinical care.

*According to NRC data.



Multi-Cancer Blood Screening

As we assess the options for conducting the Galleri multi-cancer blood test, there are a couple logistical options that could be implemented:

Option 1 – Large Scale Screening Event

Hoag Executive Health has experience conducting this type of event, where specific dates/times are designated for on-duty and/or off-duty personnel are able to receive their blood draw at a Fullerton Fire location. Hoag Executive Health would work hand-in-hand with Galleri in order to coordinate the labeling and processing of specimens and all results would be provided to Hoag Executive Health within 5-7 days of the event. Upon receipt of the test result Hoag Executive Health would implement the following results communication:

Negative Result – Results are communicated to firefighter by secure email. Firefighter receives copy of Galleri Results, along with medical explanation of results from our Chief Medical Officer, Dr. James Lindberg. Furthermore, firefighters are able to coordinate a follow-up call with a Hoag Executive Health provider should they have any additional questions or need clarification on any items.

Positive Results – Results are communicated directly to the firefighter by phone, from a Hoag Executive Health physician. The physician has been briefed by the Medical Director at Galleri in order to obtain a thorough explanation of results and findings. The Hoag Executive Health provider will explain next steps. Hoag's First Responder Care Team will then make appropriate referrals/recommendation to specific doctors if desired by the patient. Our providers are available to communicate results to the firefighters Primary Care Physician given Galleri tests are very new and the technology may not be familiar to a traditional PCP. *Hoag Executive Health implemented this model for the Orange County Fire Authority in November of 2023 and conducted ~215 Galleri Multi-Cancer Blood Screenings over two separate 4-hour events.*

Option 2 – Blood Cancer Screening Added to Annual Firefighter Wellness Exam

Given *Option 1* may not be feasible, the other screening option would be to incorporate the Galleri blood draw into the current annual Firefighter Wellness Exam program that Hoag Executive Health conducts for Fullerton Fire. In this model, firefighters would schedule their annual wellness exam as they already do, upon arrival at the Hoag First Responder Program facility, their blood would be drawn for the Galleri Multi-Cancer test. Upon receipt of the results – typically 5-7 days – Hoag Executive Health would enact the above outlined Negative/Positive result protocol.

Hoag Executive Health implemented this model for the Orange County Fire Authority in July of 2023 and to date has conducted ~1500 Galleri Multi-Cancer Blood Screenings via in-office blood draw on the day of their annual firefighter wellness exam.

Multi-Cancer Screen Testing Cadence

At present there is no defined testing cadence for the Galleri Multi-Cancer Blood test. In an effort to assist fire and law enforcement agencies with the implementation of the multi-cancer blood test, Hoag Executive Health's Chief Medical Officer, Dr. Jim Lindberg, worked with Grail, the makers of the Galleri screening to establish a recommended testing cadence. This is a recommended framework, agencies may choose to follow or establish their own testing cadence.

Tier 1 Firefighters age - 20's & 30's

- Administering test every 3-years

Tier 2 Firefighters age - 40's

- Administering test every 2-years

Tier 3 Firefighters age - 50's

- Administering test annually

Additional Service Offerings:

Ultrasound Screening Program

Large Scale Screening Event

Hoag Executive Health has experience conducting large scale ultrasound screening events, where designated days/times are offered to on-duty and/or off-duty personnel to receive a multi-system cardiovascular and cancer screening ultrasound study. Hoag Executive Health offers a unique approach to large scale ultrasound screening due to our ability to offer physician review and consultation from our faculty of First Responder M.D.'s both via telehealth/phone or in-person during a participants annual Firefighter Wellness Exam. Furthermore, Hoag Executive Health will utilize an algorithm to "risk stratify" findings and any necessary follow-up while also offering the capability of coordinating specialty referrals and care coordination, should there be a significant finding. In this operational delivery model, Hoag would work directly with Fullerton Fire or a designated "coordinator" from a specific agency to determine both the schedule dates as well as individual participant and/or crew schedule. Each screening takes approximately ~45-60mins to complete. At the conclusion of each screening event, ultrasound imagery is transmitted securely for review and reading by the imaging radiologist. The radiologist will complete their radiology report which will in-turn be sent to the physicians at Hoag Executive Health for review. Upon receipt and review of the radiology report Hoag Executive Health would implement the following results communication:

Negative Result – Reports with notes will be sent to patients via secure email, or in the event the patient has a scheduled Annual Wellness Exam scheduled within 2-3 weeks of the ultrasound, these results will be reviewed during their exam by the physician. Patients will receive a copy of their radiology report along with a medical explanation of results from our Chief Medical Officer, Dr. James Lindberg. Furthermore, firefighters are able to coordinate a follow-up call with a Hoag Executive Health provider should they have any additional questions or need clarification on any items.

Positive Results – Results are communicated directly to the patient from a Hoag Executive Health physician. The physician has been briefed by the radiologist who read the ultrasound study in order to obtain a thorough explanation of results and findings. The Hoag Executive Health provider will explain next steps. Hoag's First Responder Care Team will then make appropriate referrals/recommendation to specific doctors if desired by the patient.

Hoag Executive Health implemented this model with Anaheim Fire & Rescue in August of 2023 as well as Huntington Beach Fire & Rescue and Newport Beach Fire and in each instance conducted ~80 Multi-System Screening Ultrasounds over 3-5 separate 6-hour screening events – see page 25 below for event flyer.

Additional Service Screening Detail

Galleri Multi-Cancer Blood Screening

1. Includes cost of test, blood draw, result delivery and consultation with a physician to review results
2. Includes consultation, direction and insight for Fullerton Fire leadership regarding the clinical rationale, implications and messaging related to the rollout of the multi-cancer blood screening program.
3. Includes care coordination and support for any firefighter who receives a positive test
 - a. Physician Consultation with firefighter
 - b. Physician Outreach and consultation with firefighters primary care doctor
 - c. Support with identifying specialist and scheduling preliminary appointments inside or outside of Hoag network.

Cardiovascular Ultrasound Screening

1. Echocardiogram - Evaluates cardio functions using digital ultrasound with color flow imaging
2. Carotid Ultrasound - Screens the main arteries of the neck to detect blockages to blood flow and identify narrowing of vessels, tumors and other abnormalities
3. Aortic Aneurysm - Screens the abdominal aorta in search of precursors or signs of abdominal aortic aneurysms

Cancer Ultrasound Screening

1. Liver Screening - screens liver for masses and cysts
2. Kidneys Screening - screens the kidneys for masses and cysts
3. Pancreas Screening - Screens the pancreas for masses and cysts (Note: some areas of the pancreas are not visible through ultrasound)
4. Gallbladder Screening - Screens the kidneys for masses and cysts
5. Spleen Screening - Screens the spleen for masses and cysts
6. Thyroid Screening - Screens the thyroid for masses and cysts
7. Colon Cancer Screening Kit - FDA Approved EZ Detect Occult Blood Test kit to detect pre-symptomatic hidden intestinal tract diseases including colorectal cancer

Optional "add-on" Ultrasound Screening

1. Pelvic Screening (For Women) - Screens for masses, cysts, fibroids and other abnormalities in the uterus, ovaries, and endometrium



Similar Project Comparison

Orange County Fire Authority & OC Professional Firefighters Association

Brian Abney – Director of OCPFA

July 2023 – Present

BrianAbney@OCFirefighters.org **805.331.8404**

Hoag Executive Health conducts the entirety of the Orange County Fire Authority's Wellness and Fitness (WeFit) Program and has done so since January of 2018, conducting ~1,000 First Responder physical exams annually in addition to conducting educational/instruction-based station visits to all 78 firehouses. In 2023 the OC Professional Firefighters Association (Local 3631) requested to add the Galleri Multi-Cancer Blood Test to the WeFit program. Hoag Executive Health worked with the OCPFA to establish a first of its kind blood cancer screening cadence allowing for augmented testing parameters based on age and risk level. To kick off the program Hoag conducted 2 large scale screening events which were held at OCPFA Head Quarters where ~225 fire fighters were screened. In addition, Hoag began incorporating the Galleri Multi-Cancer blood test into the annual WeFit exam protocol, allowing OCFA fire fighters to get the test drawn at the same time they are onsite for their physical examination. As such, Hoag Executive Health as administered ~800 Galleri cancer screenings to OCFA personnel in ~9-monhts. Hoag Executive Health also implemented a comprehensive education and post-screening protocol designed to fully support and assist with care navigation for any positive tests as well as allow for individual post result follow-up for any fire fighter who wants additional information regarding negative test results as well. Lastly, Hoag supported the OCPFA and OCFA by aiding in the development of the protocols, messaging and concerns related to the implementation of the program – meeting with Administration leadership and stakeholders to understand both the science and clinical specifics of the Galleri test as well as the internal and external messaging.

City of Anaheim Fire & Rescue

Robert Stuart – Battalion Chief

Aug 2023 - Present

rstuart@anaheim.net **714.772.1917**

Hoag Executive Health has conducted annual exams and fitness screenings for ~200 eligible Anaheim Fire & Rescue suppression and HazMat personnel and have done so since November of 2018. In addition to the annual clinical exam program, AF&R has had a full-body CT screening program in place for many years. Since we began engaging with department, Hoag has voiced our concerns about this program and the significant radiation exposure associated to a full-body CT. As such we worked with the department to identify alternative solutions to this screening modality, which we suggested could be the implementation of an Ultrasound screening program. In late 2023 Hoag Executive Health along with our preferred ultrasound partner, conducted 3 full-day ultrasound screening events, conducted inside of AF&R's "NorthNet" training facility. 72 ultrasound screenings were conducted over the 3-day event. It was extremely well received and Hoag plans to continue supporting this alternative screening protocol as we hopefully transition away from full-body CT.



Huntington Beach Fire Department

Robert Aldrich – Deputy Chief

Dec 2023 / January 2024

RAldrich@surfcity-hb.org **714.374.5376**

Hoag Executive Health has conducted the Medical Wellness Exam program for HBFD since 2019, recently transitioning to a year-round exam delivery schedule. In 2023 HBFD contacted Hoag Executive Health and requested to have ~100 Galleri Multi-Cancer screenings conducted on pre-designated firefighter personnel. We implemented 2 delivery models, with roughly half of the participants “adding” the multi-cancer blood test onto their scheduled annual medical wellness exam – getting drawn in office, and the other half coming to our office specifically to have the blood draw for the test and not incorporating the draw into their annual medical and wellness exam.



Company References

- 1. Orange County Fire Authority**
1 Fire Authority Way, Irvine CA 92602
Captain Justin Dillon, WEFIT Coordinator
Ph. 714.573.6836
JustinDillon@OCFA.ORG
March 2018 – Present

- 2. Anaheim Police Department**
425 S. Harbor Blvd., Anaheim CA 92805
Lieutenant Luis Correa, WIN Program
Ph. 714.765.3921
LCorrea@Anaheim.Net
November 2021 – Present

- 3. Huntington Beach Fire Department**
Chief Robert Aldrich
Ph. 714.374.5376
Raldrich@SurfCity-HB.ORG
September 2019 – Present

- 4. Anaheim Fire & Rescue**
Chief Robert Stuart
Ph. 714.772.1917
RStuart@Anaheim.Net
November 2018 – Present

- 5. Irvine Police Department**
Jennifer Finch
Ph. 949.724.7116
JFinch@CityOfIrvine.ORG
August 2016 – Present

Supporting Information

Hoag / OCFA Multi-Cancer Blood Test Media Coverage

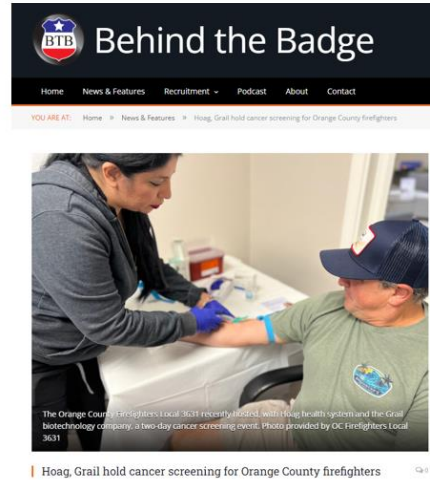
1. Behind the Badge Feature

Department Wide Roll-Out

Galleri Cancer Screening

- **Galleri Cancer Screening**
 - Department Wide Offering : July 2023
 - Every member of the OCPFA Healthcare trust has an opportunity to take part in the Galleri Cancer Screening this year
 - Test performed during WEFIT Exam. Simple Blood Draw
 - Results are typically received within 7-10 days.
- **Cancer Screening Event**
 - Held at Local 3631 Headquarters on November 15 and 16, 2023
 - Gave the opportunity to firefighters who already came to WEFIT, prior to July 1, to get the Galleri Test.
 - Screened 215 Firefighters during 2-day event

[Behind the Badge Article](#)



7

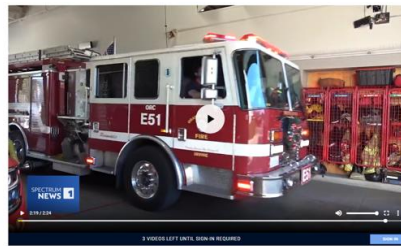
<https://behindthebadge.com/hoag-grail-hold-cancer-screening-for-orange-county-firefighters/>

2. Spectrum 1 News – SoCal Market & New York Market

Department Wide Roll-Out

Galleri Cancer Screening

- **Galleri Cancer Screening**
 - Screened a total of 650 Firefighters in 6 months (Roughly 1/2 of Department)
 - 2 Positive Results
 - 0.3% Positivity Rate
- **Results Communication**
 - **Negative Result** – Results are communicated to firefighter by secure email. Firefighter receives copy of Galleri Results, along with medical explanation of results from Dr. Lindberg.
 - **Positive Results** - Results are communicated directly to the firefighter by phone, from the physician. The physician has been briefed by the Medical Director at Galleri for thorough explanation of results and findings. Doctor will explain next steps. Hoag Care Team will then make appropriate referrals/recommendation to specific doctors if desired by the patient. Our doctors are available to communicate results to Primary Care Physicians as well.

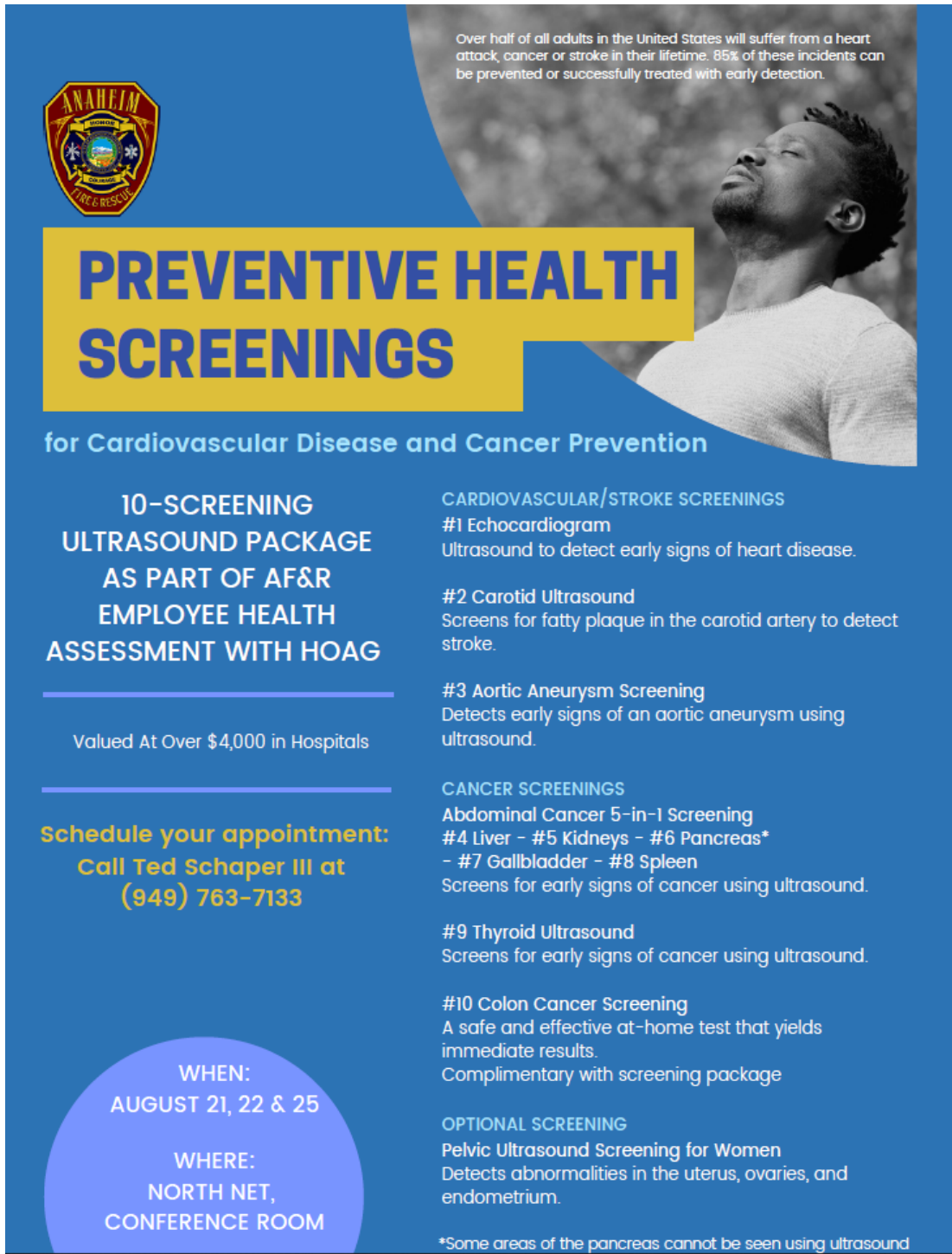


[Spectrum News Story](#)

8


<https://ny1.com/nyc/all-boroughs/health/2024/01/23/ocfa-gets-blood-test-that-screens-for-50-cancers>

3. Optional Ultrasound Screening Flyer



The flyer features a blue background with a yellow banner for the main title. On the right, there is a black and white photograph of a man looking upwards. In the top left corner, the Anaheim Fire & Rescue logo is displayed. The text is organized into sections: a top right quote, a main title, a subtitle, a package description, a value statement, a call to action, a schedule and location, and a list of screening types with their descriptions. A disclaimer is at the bottom right.

Over half of all adults in the United States will suffer from a heart attack, cancer or stroke in their lifetime. 85% of these incidents can be prevented or successfully treated with early detection.



PREVENTIVE HEALTH SCREENINGS

for Cardiovascular Disease and Cancer Prevention

10-SCREENING ULTRASOUND PACKAGE AS PART OF AF&R EMPLOYEE HEALTH ASSESSMENT WITH HOAG

Valued At Over \$4,000 in Hospitals

**Schedule your appointment:
Call Ted Schaper III at
(949) 763-7133**

WHEN:
AUGUST 21, 22 & 25

WHERE:
NORTH NET,
CONFERENCE ROOM

CARDIOVASCULAR/STROKE SCREENINGS

- #1 Echocardiogram
Ultrasound to detect early signs of heart disease.
- #2 Carotid Ultrasound
Screens for fatty plaque in the carotid artery to detect stroke.
- #3 Aortic Aneurysm Screening
Detects early signs of an aortic aneurysm using ultrasound.

CANCER SCREENINGS

- Abdominal Cancer 5-in-1 Screening
- #4 Liver - #5 Kidneys - #6 Pancreas*
- #7 Gallbladder - #8 Spleen
Screens for early signs of cancer using ultrasound.
- #9 Thyroid Ultrasound
Screens for early signs of cancer using ultrasound.
- #10 Colon Cancer Screening
A safe and effective at-home test that yields immediate results.
Complimentary with screening package

OPTIONAL SCREENING

- Pelvic Ultrasound Screening for Women
Detects abnormalities in the uterus, ovaries, and endometrium.

*Some areas of the pancreas cannot be seen using ultrasound



Term of Offer

It is understood and agreed that this offer may not be withdrawn for a period of **one hundred eighty days** (180) from the Proposal Submittal Deadline, and at no time in case of successful Offeror.

A handwritten signature in black ink, appearing to read "Justin Davis", written over a horizontal line.

Justin Davis
Vice President – Business Development
Hoag Executive Health

___3/20/2026___
Date

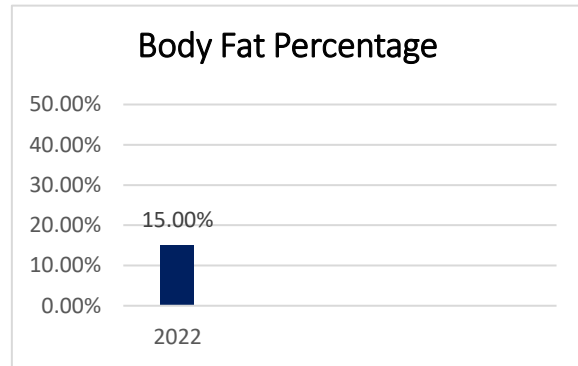
Sample Wellness Program Documents

1. Wellness Assessment Report

Body Composition

Body Fat Percentage (BFP)

Body Fat Percentage is a measure of the percentage of fat in our body in relation to lean muscle. The method used in your analysis is through bioelectrical impedance testing.

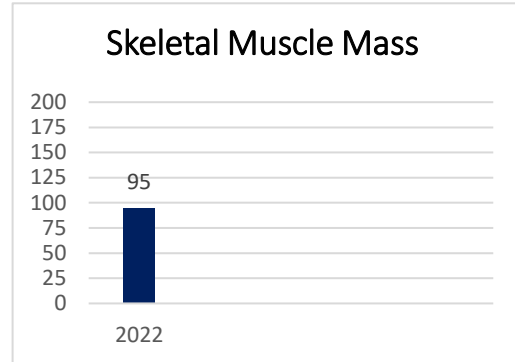


Body Fat Percentage Norms

Men	Age:20-29	Age 30-39	Age: 40-49	Age: 50-59	Age: Over 60
<i>Excellent</i>	<11%	<12%	<14%	<15%	<16%
<i>Good</i>	11-13%	12-14%	14-16%	15-17%	16-18%
<i>Average</i>	14-20%	15-21%	17-23%	18-24%	19-25%
<i>Fair</i>	21-23%	22-24%	24-26%	25-27%	26-28%
<i>Poor</i>	>23%	>24%	>26%	>27%	>28%

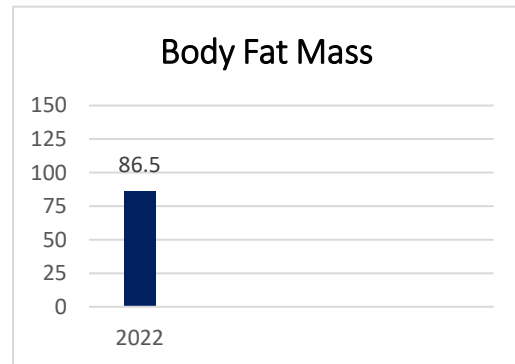
Skeletal Muscle Mass (SMM)

Skeletal Muscle Mass is important for mobility, posture, and strong immunity for long-term health. Body composition analysis shows you precisely how much Skeletal Muscle Mass you have in each body segment, so you can focus on building more muscle or correct imbalances to ensure you have a healthy muscle mass balance.

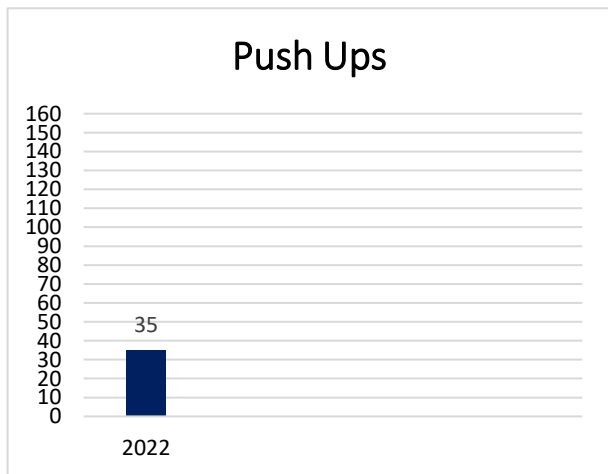


Body Fat Mass (BFM)

Body Fat Mass is the actual weight of fat in your body. Body fat is essential for maintaining body temperature, cushioning joints and protecting internal organs. However, excess body fat can result in chronic disease, such as Obesity, Coronary Heart Disease, and Type II Diabetes.



Push Ups



Muscular Endurance

Muscular endurance is defined as the muscles ability to contract repeatedly against submaximal load in a given period of time or the ability to sustain a given submaximal force for an extended period of time. The fitness tests performed that assess muscular endurance include the push-up test and plank test.

Push-Up Test

The Push-up test, also known as the press up test, measures muscular endurance by assessing how many complete push-ups the individual can do before fatigue.

Push Up Norms

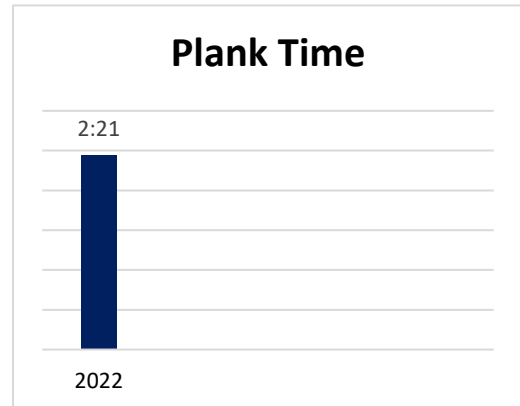
Men	Age:20-29	Age 30-39	Age: 40-49	Age: 50-59	Age: Over 60
<i>Excellent</i>	>54	>44	>39	>34	>29
<i>Good</i>	45-54	35-44	30-39	25-34	20-29
<i>Average</i>	35-44	25-34	20-29	15-24	10-19
<i>Fair</i>	20-34	15-24	12-19	8-14	5-9
<i>Poor</i>	<20	<15	<12	<8	<5

Plank Test

The plank test is a way to measure muscular endurance of one's core based upon how long the individual can maintain the proper plank positioning.

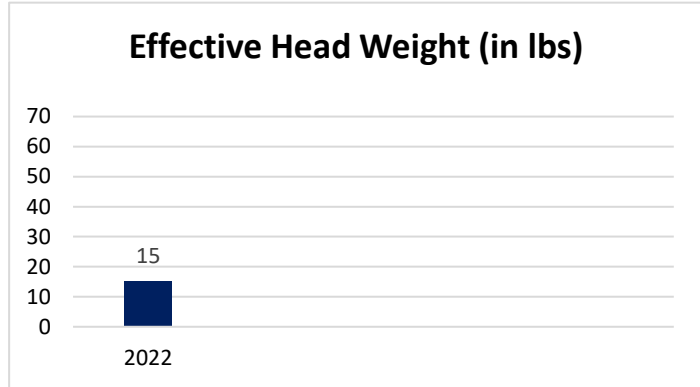
Plank Test Norms

Men	Time
<i>Excellent</i>	> 2:21
<i>Above Average</i>	1:45-2:20
<i>Average</i>	1:34-1:44
<i>Below Average</i>	1:17-1:33
<i>Poor</i>	<1:17



Postural Analysis

Your posture is a great picture of the patterns that have developed in your body throughout your life. These patterns can be formed through acute trauma such as a car accident or sports injury; or through a series of repetitive motions like sitting at a computer for long periods of time or playing golf for many years without cross-training. Examining your posture can help us determine the root cause of any current issue you may be having, while also working to find any issues that may arise later if these patterns continue.



Digital Movement Analysis

Anterior Squat Analysis

Finding	Possible Overactive Muscles (Tight)	Possible Underactive Muscles (Weak)
Knee Moves Out	Hips; Quadriceps; TFL/Gluteus	Adductors; Hamstrings; Glute Max
Knee Moves In	Adductors; Quadriceps; Hip Flexors	Abductors; Quads; Glute Med
Foot Turns Out	Soleus; Gastrocnemius; Piriformis; TFL	Glute Medius; Hamstrings; Sartorius

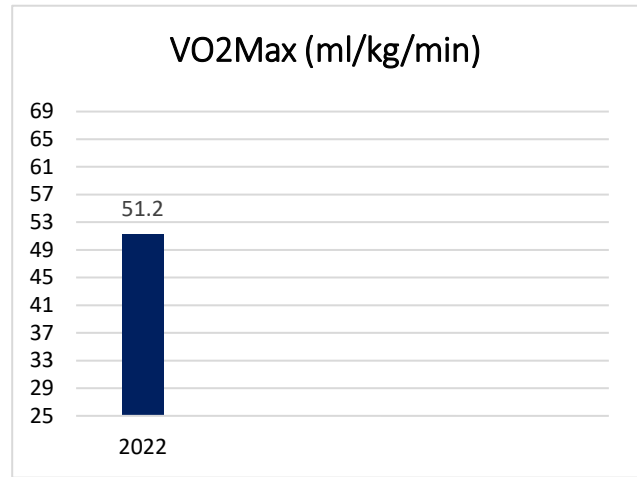
Lateral Squat Analysis

Finding	Possible Overactive Muscles (Tight)	Possible Underactive Muscles (Weak)
Excessive Forward Lean	Soleus; Gastrocnemius; Hip Flexor;	Anterior Tibialis; Glute Max; Erectors
Inadequate Forward Lean	Piriformis; Quads; Adductors; QL	Glute Max; Glute Medius
Arms Fall Forward	Latissimus Dorsi; Pectoralis	Trapezius; Deltoids; Rhomboids
Low Back Rounds	Hamstrings; Adductors; Obliques	Glute Max; Erector Spinae
Heel Rises	Soleus	Anterior Tibialis

Cardiovascular Fitness

Cardiorespiratory fitness is one of the best indicators of how well the heart, lungs and muscles are functioning. It is the most important fitness component for promoting good health & reducing the risk of heart disease.

Cardiorespiratory fitness is the ability to perform aerobic exercises (walking, jogging, swimming & cycling) at moderate to high levels of intensity for prolonged periods of time.



VO₂Max Test

Aerobic means “using oxygen for energy.” The maximum amount of oxygen used for energy is referred to as VO₂max. The VO₂max test is considered the best measure of an individual’s cardiorespiratory fitness level.

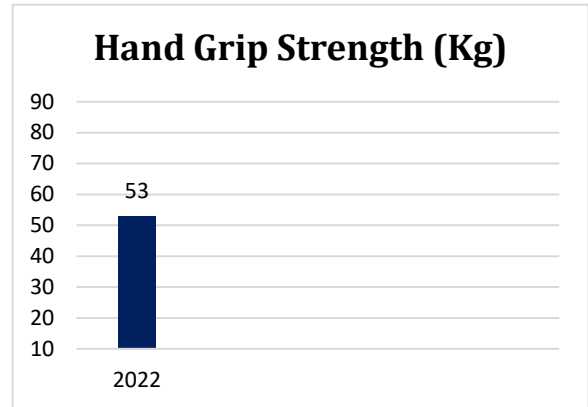
VO₂Max Norms

Men	Very Poor	Poor	Fair	Good	Excellent	Superior
Age: 13-19	<35.0	35.0-38.3	38.4-45.1	45.2-50.9	51.0-55.9	>55.9
Age: 20-29	<33.0	33.0-36.4	36.5-42.4	42.5-46.4	46.5-52.4	>52.4
Age 30-39	<31.5	31.5-35.4	35.5-40.9	41.0-44.9	45.0-49.4	>49.4
Age:40-49	<30.2	30.2-33.5	33.6-38.9	39.0-43.7	43.8-48.0	>48.0
Age:50-59	<26.1	26.1-30.9	31.0-35.7	35.8-40.9	41.0-45.3	>45.3
Age:>59	<20.5	20.5-26.0	26.1-32.2	32.3-36.4	36.5-44.2	>44.2

Muscular Strength

Hand Grip Strength Test

Muscular strength is defined as the maximum amount of force that a muscle or muscle group can generate at a specific velocity. Handgrip strength has been shown to be important in many Police activities including restraining suspects, firearm control, and forcible entry.



Hand Grip Norms

	<i>Excellent</i>	<i>Good</i>	<i>Average</i>	<i>Fair</i>	<i>Poor</i>
Men	>56kg	51kg-56kg	45kg-50kg	39kg-44kg	<39kg

Reference: Coulson, M., & Archer, D. (2015). *Practical Fitness Testing: Analysis in Exercise and Sport*. Bloomsbury Publishing Plc.

Blood Test Results

Lipid Panel

TOTAL CHOLESTEROL

Total Cholesterol
«Today_Date»

Your total blood cholesterol is a measure of LDL cholesterol, HDL cholesterol, and other lipid components. Your doctor will use your total cholesterol number when determining your risk for heart disease and how best to manage it. The ideal total cholesterol level for adults is 200mg/dL or less

LDL CHOLESTEROL

LDL
«Today_Date»

LDL cholesterol is often referred to as your “bad” cholesterol. LDL stands for low density lipoprotein and is made up of several components. The total number should ideally be under 100. While this value may be related to genetics, the LDL can often be lowered with nutritional changes, weight loss or with medication such as statins (Lipitor like medication.) Often the only way to know for sure if it is familial is to aggressively address it with lifestyle changes and then resort to medication if the trial fails. Soluble fiber such as is found in oatmeal has been shown to reduce LDL cholesterol as well.

HDL CHOLESTEROL

HDL	
«Today_Date»	

HDL cholesterol is often referred to as your “good” cholesterol. HDL stands for high density lipoprotein. It should be greater than 50 for women and 40 for men. HDL can be improved with aerobic exercise, niacin and at times diet high in omega 3 fatty acids. This is inversely related to your triglyceride levels, so often the target of therapy is actually your triglycerides. It can also improve with smoking cessation and or by reducing refined carbohydrates and saturated fats in your diet.

Triglycerides

Triglycerides	
«Today_Date»	

Triglycerides are a unique type of fat in your blood, different from cholesterol, that impart cardiovascular risk independently. At very high levels it can also cause pancreatitis. A desirable level should be < 150. Lifestyle changes and medication like fenofibrates, niacin or omega 3 fatty acids can help to reduce triglycerides.

Metabolism and Hormonal Health

Thyroid Gland

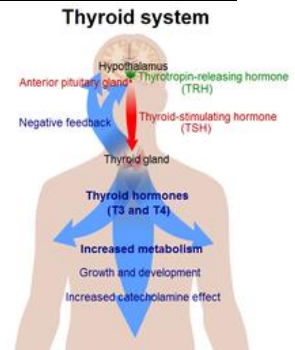
TSH

TSH	
«Today_Date»	

This hormone is produced and released from the anterior pituitary gland that stimulates the thyroid gland to produce thyroid hormone. It is a key part of a complex feedback loop that helps regulate your thyroid gland function and your body’s metabolic rate.

This assists in the diagnosis of both low and elevated thyroid gland function as well as disorders of the pituitary gland itself. A reduction in thyroid gland function can result in weight gain, fatigue, dry hair and brittle nails, elevated cholesterol and temperature sensitivity.

Optimal TSH Range: 0.45 – 4.5



HgbA1c

HgbA1c	
«Today_Date»	

This test shows the average blood sugar over the previous 3 months. It is commonly used to diagnose diabetes. Glycolated hemoglobin (HgbA1c) is formed in a non-enzymatic reaction

between glucose in the blood and hemoglobin, a molecule found in the blood related to oxygen transportation. As the amount of glucose in the blood increases, the percentage of HgbA1c in the blood increases in a predictable way. Abnormal results indicate you have had a high blood sugar over the three months prior to the test being performed. Normal is under 5.7, 5.7 to 6.4 is considered borderline and above 6.4 is considered diabetes

Inflammation

Hs-CRP

Hs-CRP	
«Today_Date»	

hs-CRP is a very sensitive, non-specific marker of inflammation that can be elevated due to any inflammatory process (such as arthritis or infection) including atherosclerosis.

Additional Blood Tests

Kidney Function

Kidney Function	
«Today_Date»	Normal / Abnormal

Serum Creatinine - Creatinine is a waste product that comes from the normal wear and tear on muscles of the body. Creatinine levels in the blood can vary depending on age and body size. A creatinine level of greater than 1.2 for women and greater than 1.4 for men may be an early sign that the kidneys are not working properly. As kidney disease progresses, the level of creatinine in the blood rises.

Glomerular Filtration Rate (GFR) - This test is a measure of how well the kidneys are removing wastes and excess fluid from the blood. It is calculated from the serum creatinine level using age and gender. Normal GFR can vary according to age (as you get older it can decrease). The normal value for GFR is 90 or above. A GFR below 60 is a sign that the kidneys are not working properly. Once the GFR decreases below 15, one is at high risk for needing treatment for kidney failure, such as dialysis or a kidney transplant.

Blood Urea Nitrogen (BUN) - Urea nitrogen comes from the breakdown of protein in the foods you eat. A normal BUN level is between 7 and 20. As kidney function decreases, the BUN level rises.

Liver Function

Liver Enzymes	
«Today_Date»	Normal / Abnormal

Alanine transaminase (ALT) test. ALT is an [enzyme](#) that helps break down proteins and is found mainly in your liver. High levels in your blood could mean you have liver damage.

Aspartate transaminase (AST) test. AST is another enzyme in your liver. High blood levels could be a sign of damage or disease.

Bilirubin test. Your body makes bilirubin when it breaks down red blood cells. Usually, your liver cleans bilirubin out of your body. If you have high levels in your blood, a problem called jaundice, you may have liver damage.

Alkaline phosphatase (ALP). ALP is an enzyme found in the liver and bone and is important for breaking down proteins. Higher-than-normal levels of ALP may indicate liver damage or disease, such as a blocked bile duct, or certain bone diseases.

Albumin and total protein. Albumin is one of several proteins made in the liver. Your body needs these proteins to fight infections and to perform other functions. Lower-than-normal levels of albumin and total protein may indicate liver damage or disease.

Vitals:

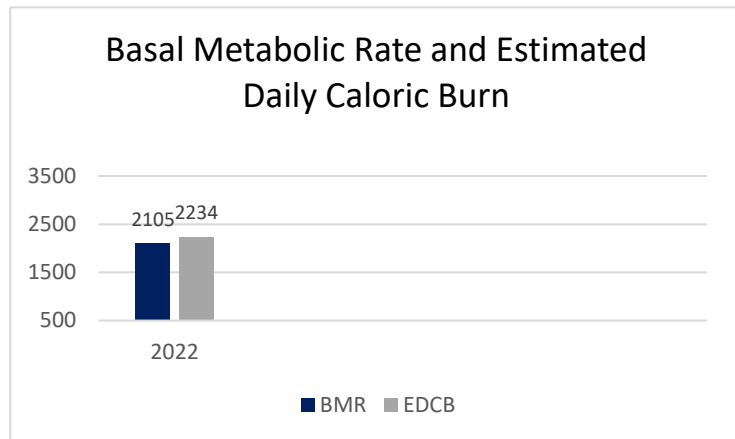
Blood Pressure

Blood Pressure	
«Today_Date»	

Nutrition Assessment

Estimated Metabolic Profile

Your basal metabolic rate (BMR) is the total amount of calories your body burns at rest. Based on your stated lifestyle activity level, we can determine the total amount of calories you need to eat per day to maintain your current weight. The number is described as your estimated daily caloric burn.



General Nutritional Recommendations

Your daily caloric content is the single most important element in determining weight gain or loss. How many calories you need daily is highly variable and is in part genetically determined and related to your activity level. Your choice of food is critical to your health, independent of your weight. Based on your specific health conditions or needs, your choice of food can help or hurt your overall health. After reviewing your questionnaire, here are some areas in nutrition that we wanted to bring to your attention:

Fruits/Vegetables



Most of us do not get enough fruits and vegetables, the most important source of micronutrients and vitamins, in our diet. Strive for 7-9 servings of fruit and vegetables a day. Eat more green food and keep your plates colorful. These simple guidelines will help you keep your calorie count down and reduce the amount of processed foods you consume.

Carbohydrates

Generally, when people think of “Carbs” they think of breads, pastas, etc. These carbohydrates have gotten some bad press lately, but carbohydrates as a whole have a very important role in maintaining our health. Many carbohydrates (non-starchy vegetables and fruits) do not cause the same insulin response and are much healthier food choices. It’s hard to get fat eating too many vegetables.

Protein

Protein is necessary for several reasons including the building and repair of body tissue, regulating body processes, such as water balancing, transporting nutrients, and making muscles contract, and it prevents one from becoming easily fatigued by producing stamina and energy. Choose white chicken or turkey (organic if possible) and fatty fish such as salmon, as your lean protein choice.

Eating Out

Eating out several times a week can increase your chances of consuming more than you bargained for. Many times, food at restaurants is larger in portion size, contains more salt and additives, and can be a trap for calorie and fat intake.

Sugar Intake

Sugar is over consumed today and has a negative health impact far beyond just the calories it contains. Sugar (and other simple carbohydrates such as white bread, pasta, and rice) causes insulin secretion from the pancreas. Insulin is a storage hormone and tells our body to store the calories we just ate in the form of fat. Insulin also tells our body not to release the stored fat calories as energy when we are hungry. Try to minimize simple carbohydrates you consume.

Fats

Another general principal is to reduce the amount of saturated fat and vegetable oil you consume. Cooking oil such as corn that is found in many-processed foods is unhealthy and should be avoided. Olive oil is a much better and healthier choice. Red meat/animal fat should also be minimized.

Calorie Filled Beverages

Beverages such as fruit juice, sodas, and alcohol should only be consumed in moderation. These drinks have calories without giving your body the satisfaction of food. Alcohol specifically should be considered a simple carbohydrate. Therefore, minimize its consumption to no more than 1-2 drinks per day.

Breakfast

Breakfast is just what the name implies...Break-Fast. When the body sleeps for an average of 7-8 hours a night, it wakes up in a fasted state. Skipping breakfast prolongs this fasting and can be both unhealthy and lead to poor choices later in the day. Prolonged fasting spikes the body’s insulin response, which leads to increased fat storage and eventual weight gain. Passing on breakfast also sets someone up for overeating later in the day.

Eating breakfast on a consistent basis refuels your body and increases glucose stores that provide energy for the body throughout the day.

Regular Meals

A lot of emphasis is placed on what people eat, but one should not overlook the importance of eating at regular times. Studies have shown that people with irregular eating habits have an increased propensity for several risk factors that lead to conditions such as obesity, hypertension, and diabetes. Along with this increased risk, irregular eating can be very detrimental to setting up a proper nutrition plan. No plan can be achieved with a lack of consistency and reliability. If someone is looking to change how they use food for their health, setting a regular eating plan should be task number one. Finally, almost anything in moderation is ok. We encourage you to read and learn about nutrition, as it is one of the most important elements in achieving optimal health.

1. Sample Fitness Programming *Advanced*

Day 1- Total Body Lift

Exercise	Week 1			Week 2			Week 3			Week 4			Notes
	%	REP	VT	%	REP	VT	%	REP	VT	%	REP	VT	
BB Back Squat	60%	8		65%	8		75%	5		75%	5		warm-up to starting percentage
	65%	8		70%	6		75%	5		75%	5		
	70%	6		70%	6		75%	5		80%	4		
	75%	6		75%	5		75%	5		80%	4		
Depth Drop to Vertical Jump	4			4			4			4			https://www.youtube.com/watch?v=q4ogzEd
	4			4			4			4			
	4			4			4			4			
	4			4			4			4			
Hollow Hold	30s			30s			45s			45s			https://www.youtube.com/watch?v=U5Q5HfUjy78
	30s			30s			45s			45s			
	30s			30s			45s			45s			
	30s			30s			45s			45s			
Half Kneeling Landmine Single Arm Press	8ea			8ea			10ea			6ea			https://www.youtube.com/watch?v=whFcgf1eLrM
	8ea			8ea			10ea			6ea			
	8ea			8ea			10ea			6ea			
	8ea			8ea			10ea			6ea			
Drop Set Tricep Pressdowns	8-10-12			8-10-12			6-8-10			6-8-10			Rope Triceps Pushdown - YouTube
	8-10-12			8-10-12			6-8-10			6-8-10			
	8-10-12			8-10-12			6-8-10			6-8-10			
	8-10-12			8-10-12			6-8-10			6-8-10			
BB Back Loaded Reverse Lunge	6ea			6ea			5ea			5ea			https://www.youtube.com/watch?v=U5Q5HfUjy78
	6ea			6ea			5ea			5ea			
	6ea			6ea			5ea			5ea			
	6ea			6ea			5ea			5ea			
Decline ISO (X-3-X) Push-Ups: Hold bottom for 3 sec	10			10			10			10			How to perform decline push-ups with good form - YouTube
	10			10			10			10			
	10			10			10			10			
BW Skullcrusher	12			12			12			12			https://www.youtube.com/watch?v=fdSDzGjKl6U
	12			12			12			12			
	12			12			12			12			
Heels Elevated BB Front Squat-moderate weight	12			12			12			12			https://www.youtube.com/watch
	12			12			12			12			
	12			12			12			12			

Day 2- Conditioning

AMRAP: As Many Rounds As Possible

30 min

1. 10 calories on the air bike

2. 10 wall balls

3. 10 push-ups

4. 10 squat jumps

Day 3- Total Body Lift													
Exercise	Week 1			Week 2			Week 3			Week 4			Notes
	%	REP	WT	%	REP	WT	%	REP	WT	%	REP	WT	
	A1	BB Bench Press	60%	10		65%	8		70%	8		75%	
60%			10		65%	8		70%	8		75%	6	
65%			8		70%	8		75%	6		80%	5	
65%			8		70%	8		75%	6		80%	5	
A2	Clap Push-Up		6			6			6			6	explosive, consecutive
			6			6			6			6	
			6			6			6			6	
			6			6			6			6	
A3	Side Plank Single Arm Row		10ea			10ea			10ea			10ea	https://www.youtube.com/watch?v=D3orxW
			10ea			10ea			10ea			10ea	
			10ea			10ea			10ea			10ea	
			10ea			10ea			10ea			10ea	
B1	1.5 Pull-Up		5			5			5			5	All the way up, down half, back up, all the way down=1
			5			5			5			5	
			5			5			5			5	
			5			5			5			5	
B2	2DB Rear Foot Elevated Split Squat (Bulgarians)		8ea			8ea			6ea			6ea	back foot on a bench
			8ea			8ea			6ea			6ea	
			8ea			8ea			6ea			6ea	
			8ea			8ea			6ea			6ea	
B3	Nordic Curls- 3s on way down		4			4			4			4	https://www.youtube.com/watch?v=4nMpvW
			4			4			4			4	
			4			4			4			4	
			4			4			4			4	
C1	Supinated BB Inverted Row		14			14			16			16	https://www.youtube.com/watch?v=Rft-xhhUz
			14			14			16			16	
			14			14			16			16	
C2	Alt DB Bicep Curl- heavy		5ea			5ea			5ea			5ea	
			5ea			5ea			5ea			5ea	
			5ea			5ea			5ea			5ea	
C3	Back Elevated Single Leg Hip Bridge		8ea			8ea			8ea			8ea	https://www.youtube.com/watch
			8ea			8ea			8ea			8ea	
			8ea			8ea			8ea			8ea	

Day 4- Low Intensity Cardio

45-60 min of either: ruck, uphill treadmill walk, stair stepper, spin bike, slow run. Keep heart rate between 120-130

Day 5- Total Body Lift

Exercise	Week 1			Week 2			Week 3			Week 4			Notes	
	%	REP	VT	%	REP	VT	%	REP	VT	%	REP	VT		
	A1	Trap Bar Deadlift	65%	8		70%	8		70%	8		75%		5
		70%	8		70%	8		70%	8		80%	5		
		70%	8		75%	6		75%	6		80%	5		
		70%	8		75%	6		80%	6		80%	5		
A2	Box Jump		4			4			4			4		
			4			4			4			4		
			4			4			4			4		
			4			4			4			4		
A3	TRX Body Saw		10			10			12			12		https://www.youtube.com/watch?v=EqGVH1
			10			10			12			12		
			10			10			12			12		
			10			10			12			12		
B1	Seated BB Overhead Press		10			10			8			8		Seated Barbell Press - YouTube
			10			10			8			8		
			10			10			8			8		
			10			10			12			12		
B2	Stability Ball Roll Out		10			10			12			12		https://www.youtube.com/watch?v=4qcwX_5rcaM
			10			10			12			12		
			10			10			12			12		
			10			10			12			12		
B3	Stability Ball Single Leg Curl		8ea			8ea			10ea			10ea		https://www.youtube.com/watch?v=4DauNklou
			8ea			8ea			10ea			10ea		
			8ea			8ea			10ea			10ea		
			8ea			8ea			10ea			10ea		
C1	BB Inverted Row		14			14			16			16		https://www.youtube.com/watch
			14			14			16			16		
			14			14			16			16		
C2	Hanging Knee Raises		10			10			12			12		https://www.youtube.com/watch
			10			10			12			12		
			10			10			12			12		
C3	DB Incline Bench Press		10			10			10			10		Incline Dumbbell Bench Press - YouTube
			10			10			10			10		
			10			10			10			10		

Day 6- High Intensity Cardio

EMOM- Every Minute on the Minute

45 min; 8 rounds; M:85-95lb, W:65-75lb

1. BB front squat to shoulder press x 10

2. 45s Elbow Pank

3. BB Hang Clean to Front Squat x10

4. BB on back Reverse Lunges x5 ea

2. Sample Online Fitness Programming



Hoag
500 Superior Ave., Suite 200
Newport Beach,
949.706.3300

6 Day Program

Client
Anaheim PD
Online access
login.wibbi.com

Client ID
36593950

Notes :

Day 1: Lower Body Push, Upper Body Horizontal Pull #'s 1-9
Day 2: Track workout- 75% run the lengths and walk the curves. 8 laps
Day 3: Lower Body Pull, Upper Body Push #'s 10-19
Day 4: 3 mile, nice and easy run
Day 5: Mixed lift #'s 20-26 then 25 min stair stepper, moderate steady intensity
Day 6: HIIT: 30s on; 30s off 's 27-34; 5 rounds

1 Heels elevated back squat



Sets: 5 Reps: 8 Other: A1

Adjust the height of the rack to a level that the bar can be removed and replaced without going up on tiptoe.
Place the bar on the upper portion of the back (Upper trapezius muscle).
Hold the bar comfortably slightly wider than shoulder-width.
Feet are shoulder-width apart and heels elevated slightly (approx. 1 inch)
Lower to the point where you can't maintain a good form in your back by pushing the hips backward and flexing the knees.
Keep the chest up and back neutral for the duration of the movement.
Keep the knees aligned with the ankles.
In the upward phase, do not allow the hips to rise faster than the bar.

2 Chest supported DB row



Sets: 5 Reps: 10 Other: A2

Lay on your stomach in an inclined bench.
Row the dumbbells on your side.
Do not move the chin forward as you pull.
Keep your chest in contact with the bench to prevent lumbar extension.

3 Hollow Hold Pullover



Sets: 5 Reps: 10 Weight: 15lb+ Other: A3

4 Bulgarian split squat DB



Sets: 4 Reps: 6ea Other: B1

Hold dumbbells in your hands and place the rear foot on an elevated surface.
Bend the knees to bring the rear knee toward the ground. Push with your front foot on the floor and your back foot on the surface to return to the starting position.
Keep the torso upright at all times.

5 1 arm DB row



Sets: 4 Reps: 8ea Weight: 65lb+ Other: B2

Support yourself on a bench with your leg and arm and have your torso parallel to the ground.
Pull the dumbbell toward your waist without rotating the trunk while the weight is lowered as low as possible in the bottom portion of the movement.



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6 Day Program

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6 Weighted Plank



Sets: 4 Weight: 45lb Duration: 45s Other: B3

7 Inverted row



Sets: 4 Reps: 10 Other: C1

Position yourself hanging under the bar so your body clears the ground.
Pull your chest to the bar.
Keep the head in line with the spine and do not sag from the hips or use momentum to assist the movement.

8 One leg parallel squat



Sets: 4 Reps: 6ea Other: C2

Step on a bench or a box.
Stand on one leg with your arms in front for balance.
Go down until the thigh is parallel to the ground.
Do not lift the heel off the bench/box.
Keep the shoulders back, chest out and back straight during the movement.
You can let the free leg hang.

9 One arm cable reverse fly



Sets: 4 Reps: 10ea Weight: light Other: C3

In standing with your knees slightly bent push your hips backward as your lower your torso toward the ground keeping your back straight.
Using a low pulley with a pronation grip lift your hand to shoulder height keeping the elbow straight.
Keep the head in line with the torso and the chin tucked in.
Lower to the starting position and repeat.

10 KB 1 arm 1 leg RDL



Sets: 5 Reps: 5ea Other: A1

Grab a kettlebell with the opposite arm.
On one leg, bend forward at the hip by pushing the hips back. Keep the spine and neck neutral and hips leveled and think about driving the free leg's heel toward the ceiling.
Always keep a slightly flexed knee in the supporting leg.
The depth of the movement will depend of individual flexibility.
To go back up, squeeze the glutes hard and pull yourself with the posterior leg.
Keep the shoulder tight and do not rotate the upperbody.

hoag.



Program Cost Overview

Description of Services	Unit Cost
Standard Exams	
Standard Firefighter Exam	\$1,150.00
Combined WEFIT Exam with Urban Search & Rescue Exam	\$1,550.00
Combined WEFIT Exam and HazMat Exam	\$1,550.00
Combined WEFIT Exam and DMV Medical Clearance	\$1,250.00
Multi-Cancer Blood Test w/Interpretation & Consult	\$800.00
Post Deployment Medical Exam	\$595.00
California DMV Exam	\$400.00
Additional Services	
Multi-System Preventative Ultrasound Screening	\$525.00
Optional Pelvic Screening Ultrasound Screening <i>female participants</i>	\$200.00
Cancellation Fees*	
No-Show/Late Cancel (Unexcused)	50%
No-Show/Emergency Activities (Excused)	No Charge
No-Show/Other (Excused)	No Charge
Individual Services	
SPECIFIED PROCEDURE	
Additional Health Questionnaires as Needed	\$0
Medical Record Review	\$0
Functional Capacity Assessment	\$50.00
ADMINISTRATIVE	
Record Review	\$75.00
Electronic Health Risk Assessment	\$0
Medical Records Transfer	\$75.00
ELECTROCARDIOGRAM (ECG)	
Resting Electrocardiogram	\$100.00
Treadmill – Fitness Assessment (Submaximal Gerkin Protocol)	\$250.00
Treadmill – Exercise Stress Test (Maximal Bruce Protocol)	\$1,200.00
Treadmill – WFI Protocol	\$250.00
Exercise EKG With O ₂ Consumption	\$300.00
ECG, Tracing	\$65.00
ECG, Report	\$25.00
Complete Echo Doppler	\$1,250.00
Complete Echo 2-d M-Mode	\$675.00
Stress Echo, Exercise Stress	\$1,850.00
Stress Echo, Tracing Only, Without Interpretation and Report	\$650.00
Stress Echo, Interpretation and Report	\$2,000.00

Holter Monitor, 24 HR Recording	\$250.00
Holter Monitor, 24 HR Monitor-scan	\$250.00
HEARING	
Audiogram	\$35.00
Audiology Evaluation Follow-up	\$250.00
Audiometry	\$35.00
IMMUNIZATIONS & DISEASE SCREENING	
Gamma Globulin Injection	\$581.70
Hepatitis A Vaccine (One Dose)	\$116.00
Hepatitis B Vaccine Series of 3	\$61.00
Hepatitis B Vaccine Booster	\$61.00
Hepatitis B Immune Globulin Injection 5ml	\$1,374.00
Hepatitis B Immune Globulin Injection 1ml	\$427.00
Hepatitis B Surface Antibody Test	\$65.35
Hepatitis C Antibody Test	\$42.00
HIV Antibody Test	\$55.30
Influenza Vaccine	\$42.00
Measles, Mumps & Rubella (MMR) Vaccine	\$112.00
Polio Vaccine	\$54.00
Testosterone (Total & Free)	\$100.00
Tetanus/Diphtheria Vaccination	\$35.00
Tetanus/Diphtheria & Pertussis (Tdap) Vaccination	\$57.00
Tetanus Toxoid Vaccination	\$29.00
Tuberculosis Skin Test (PPD)	\$32.00
Twinrix Vaccine	\$167.45
Varicella Titer	\$40.00
Varicella Vaccine	\$167.45
MUSCULOSKELETAL	
Back Motion Test	\$50.00
Range of Motion Test	\$75.00
LAB	
Alcohol Test (Urine)	\$24.75
Blood Draw	\$16.50
Blood Lead	\$65.00

Comprehensive Metabolic Panel	\$13.75
CBC With Differential	\$8.75
Cholinestrace RBC	\$167.45
Cholinestrace Plasma	\$91.50
Cholesterol Panel	\$13.25
Direct Bilirubin	Incl in CMP
Drug Test Only (Urine)	Variable
Drug and Alcohol Test (Urine)	Variable
Heavy Metals – Urine Test	\$385.50
Hemoccult Slide	\$32.00
Hepatitis C Antibody Test	\$41.00
HIV Antibody Test	\$55.75
Liver Function Test	\$14.25
Lipid Panel	\$12.50
Prostate Specific Antigen (PSA)	\$20.50
Pregnancy Test (Urine)	\$10.50
Pap Test	\$275.00
Rectal Exam and Occult Blood	\$25.00
Stool for Occult Blood	\$25.00
Urinalysis (Dipstick)	\$15.00
Urinalysis (Microscopic)	\$10.25
Zinc Protoporphyrin	\$83.00
LUNGS	
Spirometry	\$75.00
OCCUPATIONAL EXPOSURES	
Blood and Body Exposure Evaluation	Variable
TREADMILL	
Treadmill/Cardiac Stress Test	\$1200.00
VISION	
Visual Screening (Snellen chart)	\$27.00
Visual Screening (Titmus)	\$75.00
X-RAY	
Ankle	\$155.00
Any single view	\$155.00
Chest (L & R Oblique)	\$210.00
Chest (PA)	\$215.00
Chest (PA & Lateral)	\$210.00
Chest Shoulder	\$155.00
Elbow	\$155.00

Knee (weight bearing)	\$250.00
Lumbosacral spine (PA & Lateral)	\$75.00
Bilateral Screening Mammogram	\$375.00
3D Screening Mammogram	\$475.00
Wrist	\$155.00

***Cancellations are as follows:**

No-Show - Late Cancel (Unexcused)

- Cancellation with less than 48-hours' notice. This slot will not be counted as a "No-Show/Late Cancel" if the slot can be filled by the FULLERTON FIRE WEFIT coordinator, with another FULLERTON FIRE client
- When a participant arrives for their scheduled appointment too late to allow for the WEFIT exam to occur

No-Show - Emergency Activities (Excused)

- If weather, fire conditions, or a major emergency (e.g., flood watch, red flag warnings, regional fires, major equipment or apparatus failure, earthquakes or similar hazard) occurs, then cancellation of all unnecessary activities may be required as FULLERTON FIRE 's primary mission is to provide optimum emergency services
- FULLERTON FIRE will inform Provider of these emergencies as soon

as possible No-Show - Other (Excused)

- Individuals, who have gone on Worker's Compensation leave between the time that the WEFIT appointment is scheduled and the actual appointment, will be identified. FULLERTON FIRE (via the supervisor, WEFIT Coordinator or Risk Management Personnel) will inform Provider of these Worker's Compensation cases, and FULLERTON FIRE will not be charged for these appointments
- Similarly, if an individual misses an appointment due to sick leave, then FULLERTON FIRE will verify the sick leave during the verification process. FULLERTON FIRE will inform Provider of this sick leave and will not be charged for these appointments.

At the conclusion of each scheduled WEFIT exam day, the Provider will notify the FULLERTON FIRE WEFIT Coordinator of names of "No-Show / Late Cancel". The Provider will provide the WEFIT Coordinator documentation that will assist and support the evaluation of the "No-Show / Late Cancel" rates.

Company References

- 1. Orange County Fire Authority**
1 Fire Authority Way, Irvine CA 92602
Captain Justin Dillon, WEFIT Coordinator
Ph. 714.573.6836
JustinDillon@OCFA.ORG
March 2018 – Present

- 2. Anaheim Police Department**
425 S. Harbor Blvd., Anaheim CA 92805
Lieutenant Luis Correa, WIN Program
Ph. 714.765.3921
LCorrea@Anaheim.Net
November 2021 – Present

- 3. Huntington Beach Fire Department**
Chief Robert Aldrich
Ph. 714.374.5376
Raldrich@SurfCity-HB.ORG
September 2019 – Present

- 4. Anaheim Fire & Rescue**
Chief Robert Stuart
Ph. 714.772.1917
RStuart@Anaheim.Net
November 2018 – Present

- 5. Irvine Police Department**
Jennifer Finch
Ph. 949.724.7116
JFinch@CityOfIrvine.ORG
August 2016 – Present