

Firefighter & Physician Owned



Keeping Firefighters
Healthy & Fit For Service





Keeping Firefighters
Healthy & Fit For Service

▶ Proposal for
Stephenville, TX Fire Department

**NFPA-1582 Firefighter Health
and Fitness Assessments**

**On-site Occupational Health
Providers Specialized in
Firefighter Health**

Prepared For
Scott Brinkley, Division Chief

Proposed On
4-28-2023

Dear Chief Brinkley:

Thank you for your proposal request from On Duty Health regarding your upcoming annual firefighter health & fitness assessments. We take very seriously the high calling that it is to serve this critical population. And we're confident that we'll provide you with expert health assessments as well as excellent customer service.

Included in this proposal, you'll find the outline of services we offer, including a full NFPA 1582, 1583 and WFI compliant annual assessment at your department. This includes a full body ultrasound screening, comprehensive labs, a maximal 12-lead EKG treadmill stress test (WFI protocol), TRUE VO2 Max testing, vision and audiometry testing, muscular strength and endurance testing, in-depth behavioral health assessment, and more.

Our medical record system is fully electronic, meaning that each of your members will always have a secure online portal through which they can track their health results year to year. And, we provide administration with a department-wide analytics dashboard to help inform your decisions on where to implement health improvement plans, with our guidance.

We also hope to partner with you to offer continuing services such as return-to-duty assessments, new hire assessments, health education seminars, behavioral health support, nutrition counseling and fitness training. Consider us your one-stop-shop for all your fire health needs.

We are Texas-based, and our Co-owner and Chief Operating Officer is a Texas Fire Chief with 28 years in the industry, bringing a firefighter-tailored experience and perspective to everything we do. We practice evidence-based medicine, following current peer-reviewed research, offering novel cancer screening tools such as the Galleri Multi-Cancer Detection Blood Test and Low Dose CT. Our physicians are board certified in cardiology, radiology, dermatology, general and preventative medicine. And our team of Physician Assistants, Nurse Practitioners, Ultrasound Technicians, Exercise Physiologists, Counselors, Nutritionists, Personal Trainers and Phlebotomists are all specifically trained in firefighter occupational health.

Again, thank you for your request. I'm hopeful that we'll be working together soon to help keep your firefighters healthy and fit for service. And please don't hesitate to call or email us if you have any questions.



Warm regards,

Kristin Batla, PA-C
Chief Medical Officer, Co-owner
On Duty Health

Highlights

- Full NFPA 1582, 1583, and WFI compliant annual assessment at your department.
- Full body ultrasound screening, including Radiology followup for abnormal findings
- Cardiopulmonary Exercise Testing (CPET)
- TRUE VO2 Max testing
- Comprehensive labs and urinalysis
- Vision and audiometry testing
- Muscular strength and endurance testing
- In-depth behavioral health assessments
- Department-wide Health Dashboards
- Return-to-duty assessments
- New hire assessments
- Health education seminars
- Behavioral health support
- Nutrition counseling
- Fitness training
- Conducting, participating in, and incorporating the latest research in firefighter health



Company Profile

On Duty Health is a physician, firefighter and female-owned, customer-service-centered healthcare company specifically specialized in mobile firefighter health. We currently serve over 4,000 first responders in 82 agencies across Texas, California and Missouri with our comprehensive annual health and fitness assessments.

This company was founded specifically to improve health outcomes for firefighters; a highly at-risk population. These risks include:

Cancers (NIOSH)

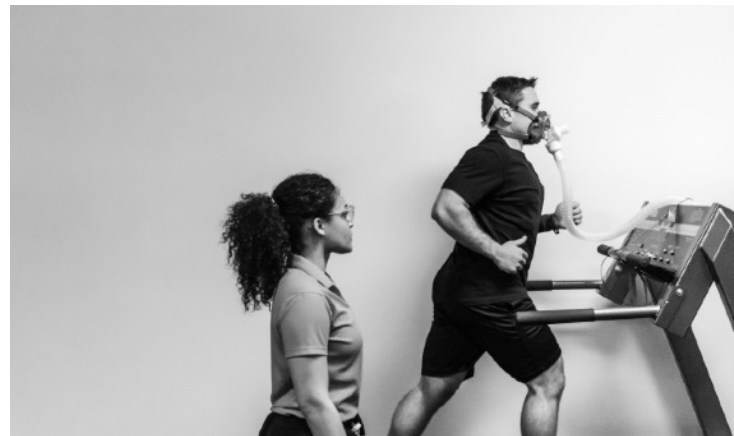
- 9% higher risk of being diagnosed with cancer
- 14% higher risk of dying from cancer
- Significantly higher risk for specific types of cancer

Cardiac Deaths (NFFPA)

40-50% of annual duty-related fatalities

Behavioral Health Issues (IAFF)

- 19% experienced suicidal thoughts
- 27% struggled with substance abuse
- 65% suffer from PTSD
- 80% said asking for help would make them seem “weak”



With the above statistics in mind, our system has been designed to identify life threatening issues early so a firefighter may have the best chance at not only surviving, but thriving well into retirement. We are fully NFFPA-compliant, but go well beyond the NFFPA standards by incorporating the latest research and knowledge in firefighter-specific health concerns. And, we bring the best value for your taxpayer dollars by focusing on providing the most comprehensive option, for the best pricing; This includes providing our full physical assessment for every member, every year, as well as providing for Radiology and Cardiology followups when indicated.



ON DUTY
HEALTH

**Leading the way
in firefighter
cancer
cardiac
behavioral** | **health**

COMPONENT LIST FOR ANNUAL INCUMBENT PHYSICALS

| LAB TEST | PARTNERSHIP |
|---|-----------------|
| Comp Metabolic Panel | Yes |
| Complete Blood Count | Yes |
| Lipid Panel | Yes |
| Urinalysis with reflex Micro | Yes |
| Hemoglobin A1C | Yes |
| PSA, Total (Males Only) | Yes |
| CA-125 (Females Only) | Yes |
| FOBT | Yes |
| Cortisol, AM | Yes |
| TSH Reflex to T4 (Thyroid) | Yes |
| Testosterone Free/Tot with SBG (males) | Yes |
| Estradiol (Females) | Yes |
| EXAMS | PARTNERSHIP |
| Personalized Risk Assessment | Yes |
| Health Questionnaire and Screening | Yes |
| Vision Screening | Yes |
| Body Composition Analysis | Yes |
| Audiogram | Yes |
| Physical Examination & Consultation | Yes |
| w/ Medical Provider | Yes |
| Human Performance Assessment Data Capture | Yes |
| Resting EKG | No |
| CPET | Yes |
| Chest X-Ray | Yes |
| Cancer Screening Ultrasound: thyroid, testicular (male only) abdomen (liver, gallbladder, pancreas, spleen, kidneys, ovaries, non-invasive) | Yes |
| PRICE PER EXAM | \$845 |
| TOTAL PRICE: | \$32,995 |



Health Dashboards



Awareness of your department’s overall health is extremely important. We assist you by providing a de-identified Health Dashboard which shares various key health metrics, guiding you for improving the health and longevity of your crew.

Galleri 50+ Multicancer Test

We have partnered with Grail to offer the Galleri test, which is a revolutionary new blood test that can detect over 50 different types of active cancers. Incredibly, this test has a false positivity rate of 0.5% and a specificity of 99.5%. Our rate is drastically reduced from the standard price of \$949/pp (plus provider fees) due to an agreement with the IAFF. Click the picture to the right to learn more.



Fiscal Responsibility



We offer the most competitive pricing, while also offering the most advanced, comprehensive exam available. Our COO, as a Fire Chief, has made it a priority for us to offer this high-level of service, while keeping costs down to fit the budgets of smaller, rural departments. This means that departments of all sizes benefit from our pricing structure, which ensures taxpayers that their dollars are being spent wisely. From our lower pricing, you can see one simple, but important reality: On Duty Health is focused on First Responder Health, not maximizing profits.

An important principle in our pricing structure, is that no member should be left behind. That means, for most of our packages, every member is receiving the Ultrasound Screening and Stress Testing *every year*. While there is some research to support age stratification, where members under 40 receive these tests over longer intervals, we have found cancer and life threatening heart conditions in this younger population. Our system provides the most comprehensive option by including these important testing elements for each member every year.

Texas Based

We were founded in, and are based in Texas. We currently serve 44 Fire Departments across Texas, spanning all major regions.

TX References:

Chief Russel Wilson, Mesquite Fire (DFW)
rwilson@mesquitefire.org

Chief Sean Richardson, Little York Fire (Houston)
srichardson@hcesd17.org

Division Chief Walter Ball, Bexar County ESD 2 (San Antonio)
walter.Ball@bc2fd.org

Reviews:

★★★★★ *Truly care about what they do to better the health of firefighters. Very honest and trustworthy with our people and family members. Would definitely recommend them if you are looking for a great company to come out and do your department's health assessments.* -Battalion Chief Harry Hewlett, Schertz, TX FD

★★★★★ *We have been using On Duty Health for a few years now and couldn't be happier. The staff is top notch and very professional and our guys now look forward to doing their physical. If you are looking to do NFPA 1582 physicals, these are your folks.* -Chief Sean Richardson, Little York, TX FD

★★★★★ *On Duty Health has been doing our health assessments for several years. From the administration staff through the on-site medical and fitness team, they have provided us with outstanding care. They are very professional and take their responsibility of assessing the firefighters seriously.* -Assistant Chief Greg Chase, Duncanville, TX FD

★★★★★ *On Duty Health has been a fantastic company to work with. After transitioning to them for our annual department physicals, our personnel have had nothing but positive things to say about the experience. The consensus, which is hard to get with 180 personnel, is that the thoroughness and quality of their services is far superior to our previous provider. In my position I interact with numerous vendors and On Duty is at the top of my list for the best to work with. From the ownership to the practitioners on site, everyone is professional and responsive to our needs. Communications are clear and timely, with a truly collaborative effort existing between our department and On Duty. I highly recommend On Duty Health to anyone looking into providers for their department's physicals.* -Captain Kyle Williford, Richardson, TX FD



Contact

512.655.3578
info@onduty.health

2028 E Ben White Blvd
STE 240-4949
Austin, TX 78741

www.onduty.health



Follow Us

[@ondutyhealth](https://www.instagram.com/ondutyhealth)



 **ON DUTY**
HEALTH

