

LIFE SCAN WELLNESS CENTERS

Saving the Lives of America's Heroes

OUR SURVIVORS



Sean Ryan
Albemarle Co. Fire Rescue
Kidney Cancer



Chief Julius Halas (Ret.)
Florida Fire Marshal
Blood Cancer



Chief Roda Mae Kerr (Ret.)
Ft. Lauderdale Fire Rescue
Heart Disease



Lt. Brian Gross
Lubbock Fire Dept.
Kidney Cancer



Kelly Hallman
Hillsborough County Fire Rescue
Thyroid Cancer



Captain Troy O'Nan
Hillsborough County Fire Rescue
Aortic Root Aneurysm



Jason Happe
Palm Harbor Fire Rescue
Aortic Root Aneurysm



Steve Wagner
East Lake Fire Rescue
Testicular Cancer



Curtis McClendon
Largo Fire Rescue.
Kidney Cancer



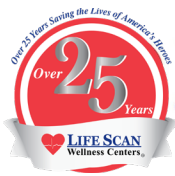
Leonard Furst
Cedar Hammock Fire Rescue
Thyroid Cancer



Chris Thompson
Broward Sheriff's Fire Rescue
Thyroid Cancer



Stephen Hagmann
Marco Island Fire Rescue
Kidney Cancer



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What is Life Scan Wellness Centers?

As the Nation's leading provider in the field of Public Safety Physicals for over two decades, Life Scan Wellness provides Police and Fire Departments with NFPA 1582/1583 compliant physicals that are enhanced focusing on early detection. The Life Scan Wellness Centers Program is designed exclusively for police and fire departments and is the contracted provider for the International Association of Firefighters Health & Wellness Trust (IAFF) and Law Enforcement Officer & Firefighter Trusts (LEOFF).

The early detection of cancer, cardiovascular diseases, and other potentially catastrophic illnesses is lifesaving! Our Life Scan Wellness Centers ultrasound-aided physical exams for Public Safety Officers has been incorporated into the standards for over 650 Fire Service, EMS, and Law Enforcement Departments.

PARTNERING WITH



First Responder NFPA 1582 Enhanced Physicals and Beyond

WE PROTECT THOSE WHO PROTECT US

LIFE SCAN WELLNESS PROGRAM

For Fire Rescue and Police Departments

Improved Fitness

Life Scan's WFI - Compliant Firefighter Fitness Analysis ensures firefighters are in top physical condition for better on the job performance and overall wellbeing. Our integrated fitness initiative includes diet and nutritional analysis, a state-of-the-art fitness evaluation, and a personalized wellness plan to create an ongoing customized fitness plan for each individual officer and firefighter.

Cost Containments

Life Scan offers on-site, same day examinations that reduce absences and allow firefighters to remain on duty while receiving their evaluations. Our successful early detection rates reduce health care costs and workers compensation costs because many health issues are identified before they reach catastrophic levels.

Blood work was still normal and I felt really good with no signs or symptoms at all!



INTRODUCING!

Life Scan Wellness Centers (LSWC), the Nation's largest provider of comprehensively enhanced early detection first responder physicals for 25 years, has partnered with UCF RESTORES, the nation's leading provider of first responder behavioral health support. Through this partnership, UCF RESTORES' one-of-a-kind first responder peer support resource apps – Redline Rescue™ for firefighters and BlueLine Rescue™ for law enforcement personnel – will be leveraged to enhance the options available to the thousands of first responders screened for behavioral wellness by Life Scan Wellness Centers annually.



Comprehensive Public Safety Physical (NFPA 1582 Compliant)

- Hands-on Physical Exam
- Medical & Occupational/Environmental History Questionnaire
- Back Health Assessment
- Breast Exam
- Vision Exam (Titmus)
- Audiology
- Skin Cancer Assessment
- Personal Consultation with review of testing results

Behavioral Health Assessments

- **National Recognized Board of Behavioral Health Experts in conjunction with UCF Restores**
- Evidenced-Based Assessment and Screenings
- Sleep Disturbance and Mental Health Questionnaires

Blood Analysis and Laboratory Tests

- Colon Cancer Screening (Hemoccult Test)
- Urinalysis Dip
- Lipid Panel (Cholesterol, Ratio, and Blood Glucose)
- Diabetes Tests (Hemoglobin A1C and Glucose)
- Comprehensive Metabolic Panel (Renal and Liver Functions)
- Thyroid Panel
- PSA (men)

Cancer, Heart, Vascular, and Disease Screenings

- Echocardiogram (Heart Ultrasound)
- Aorta and Aortic Valve Ultrasounds
- Carotid Arteries Ultrasound with CIMT Calculation
- Thyroid Ultrasound
- Liver, Gall Bladder, Spleen, & Kidney Ultrasounds
- Bladder Ultrasound
- Pelvic Ultrasounds for Women (Ovaries and Uterus)
- Prostate and Testicular Ultrasounds for Men

Cardiopulmonary Assessment

- Resting ECG
- Cardiac Treadmill Stress Test with 12 lead ECG
- Pulmonary Function Test

Fitness Evaluation (NFPA 1583-WFI Guidelines)

- Muscular Strength and Endurance Evaluation
- Aerobic Endurance Evaluation (VO2 Max Calc)
- Flexibility (Sit and Reach)
- Nutrition and Diet Recommendations
- Personal Fitness Recommendations and Exercise Prescription
- Body Weight and Composition (Body fat, Calipers)

Medical Clearances

- OSHA Respirator Medical Clearances
- Firefighter Medical Clearances NFPA 1582



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2023 Aggregate Data Significant Findings

APRN Physical Exam	
Abnormal Cholinesterase	64
Decreased WBC's	229
Elevated BUN/Creatinine & low eGFR	647
Elevated Heavy Metals	28
Elevated Hemoglobin A1c > 6.4%	920
Elevated LDL/HDL Ratio >3.6 and/or LDL	3577
Elevated Liver Enzymes	3128
Elevated Triglycerides > 150 mg/dL	5182
High or Low TSH level	1113
Increase PSA > 1ng/mL over 1 year or > 4ng/mL	392
Low Platelets	274
Low Testosterone < 200 ng/dL	899
Positive Hemocult	7
Exercise Physiology	
Pulmonary Function	
Abnormal PFT's (Fail per NFPA)	102
Hypertension	
Stage 2 HTN BP > 160/100mmHg	200
Undiagnosed Stage 1 HTN BP > 140/90mmHg	2162
Body Fat %	
Overweight >30%(Female)	397
Overweight >25% (Male)	2206
Cardiovascular	
Unable to stress R/T significant finding	203
Abnormal resting EKG	525
Abnormal rhythm or BP response to GXT	627
METs <10	2624
VO2 <34mL/kg/min	2090

Ultrasound Studies	
Cardiovascular	
Bicuspid Aortic Valve	86
Carotid Stenosis > 50%	41
Dilated Aortic Root > 4.0 cm	497
Distal Aortic Aneurysm	10
Left Ventricular Hypertrophy	1367
Low Ejection Fraction < 50%	128
Mitral Valve Prolapse	409
Renal Aneurysm	0
Severe Aortic Insufficiency	18
Severe Valve Insufficiency	1
Gall Bladder	
Gall Bladder Mass	4
Gall Bladder Polyp(s)	942
Gall Stones	732
Kidneys/Renal	
Kidney Mass	194
Kidney Stones	882
Liver	
Fatty liver	10,521
Liver Mass	468
Pelvic	
Complex ovarian cyst	29
Enlarged prostate by volume	1443
Ovarian Mass	53
Prostate Mass	135
Severe varicoceles	1
Testicular Mass	60
Thickened endometrium	2
Urinary bladder mass	41
Uterine Mass	235
Spleen	
Spleen Enlargement	439
Thyroid	
Complex Thyroid cyst	1077
Heterogenous/Cystic appearance	2193
Nodules- Follow-up > 1cm	1668
Nodules- Monitor < 1cm	3642
Total # of Abnormals	54,914

TESTIMONIALS

See what others have to say about our services.

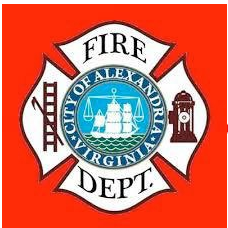


Rhoda Mae Kerr

Fire Chief (Ret)
Past IAFC President
Fort Lauderdale Fire Department



I believe it is incumbent upon fire chiefs to lead by example when it comes to our health. FLFR was already using Life Scan Wellness as their physical provider when I arrived. So, I'm doing the treadmill test and the Exercise physiologist tells me I am in atrial fibrillation. I had no palpitations, no shortness of breath! I underwent a successful ablation. I feel great but didn't know I was feeling bad until I felt better!



Tony Washington

Assistant Chief
Alexandria Fire Department Alexandria, VA



We always thought our annual physicals were enough. They weren't. I just had an annual physical with another vendor and passed but ended up with Stage 3 testicular cancer. It would have been found immediately after my Life Scan annual physical! We chose Life Scan Wellness Centers because of the quality of the annual physicals, the professionalism of the employees, depth of knowledge they have, and they don't make you feel like a number but an actual patient. We have found several things in our first round of Life Scan Annual Physicals, and I wish we had done this earlier.

“We found several things in our first round of Life Scan Annual Physicals, and I wish we had done them earlier.”



Otto Drozd III

Executive Secretary

Metropolitan Fire Chiefs Association

“Your organization's commitment to excellence truly shone through, and I am compelled to extend my thanks and appreciation.... Your organization's unwavering commitment to providing high-quality services is a critical component in providing for the health and wellness of fire fighters across the nation.”



Sheriff Robert Gualtieri

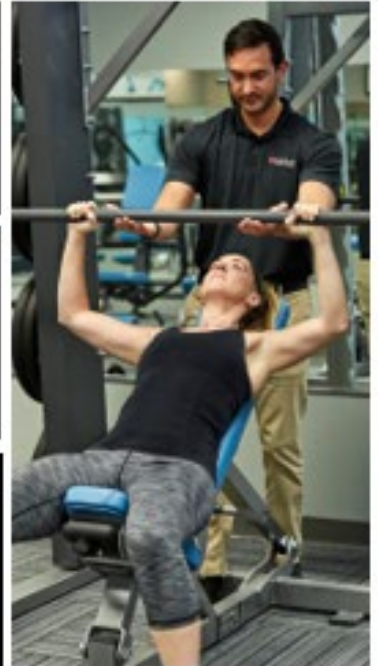
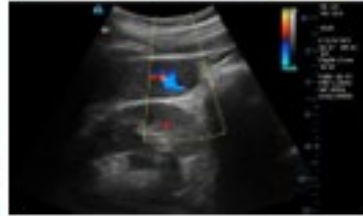
Pinellas County Sheriff's Office

2019 NSA Sheriff of the Year

“Since 2012 Life Scan has discovered over 75 significant health concerns in our employees such as heart disease, carotid artery blockages, and brain cancer. I would highly recommend it. Life Scan to employers to help protect the long term health of their employees.”

OUR PARTNERS





 **LIFE SCAN**
Wellness Centers

www.LifeScanWellness.com

