



First Responder Wellness Program

Objective: Conduct comprehensive annual health exams that address the unique medical risks encountered by first responders, including physical demands and psychosocial stressors.

Components

- Nonpunitive and confidential
- 1-hour comprehensive physical exam
- Lab tests: complete blood count (CBC), complete metabolic panel (CMP), prostate-specific antigen (PSA), urinalysis, lipid panel, heavy metals, tuberculosis, vitamin D, viral titers, lipoprotein A
- ECG with cardiologist interpretation
- Chest x-ray
- Audiometry and vision testing
- Spirometry
- Mental health screenings
- Immunizations

Screening Pathologies

- Neurological, cardiovascular, pulmonary, kidney, liver, gastrointestinal and genitourinary diseases
- Vision and hearing
- Depression, PTSD, sleep disturbances, substance abuse
- Metabolic syndrome
- Cancers
 - Genitourinary
 - Central nervous system
 - Lung
 - Skin and skeletal
 - Blood (e.g., leukemia and lymphoma)

Follow Up and Billing

- Conducted annually
- Immediate post-physical scheduling for referrals as indicated
- Results shared with primary care provider via electronic medical record
- Colonoscopy, mammogram and chest CT as indicated
- Billing targets the no-deductible, no out-of-pocket preventive clause in patient's primary insurance coverage. Some exceptions may apply—see FAQ.

Frequently Asked Questions

1. What are the benefits and purpose of Cleveland Clinic's First Responder Wellness Program?

The First Responder Wellness Program addresses the preventative medical needs of our partners in public safety by recognizing the physical demands, psychosocial stressors and adverse work environments that accompany their profession. Our providers will conduct comprehensive annual health examinations and preventative medical screenings designed for the early recognition and treatment of systemic disease and behavioral health disorders that are prevalent in first responders.

2. Is this program confidential? Will my department leaders have access to my test results?

Any care you receive through our First Responder Wellness Program will remain 100% confidential. No personal information will be shared, and all provider discussions, treatments and test results are subject to HIPAA protection. Any aggregate data gathered during your visits will be used solely for the purpose of channeling Cleveland Clinic health and wellness resources to our participating departments and their members.

3. My department is interested in participating. How do we sign up?

To schedule an onboarding meeting, please reach out to our First Responder Wellness Manager, Greg Ivanovics, via email at givanovi@ccf.org.

4. Once we agree to participate, how do we schedule our preliminary testing and physicals?

We ask that each participating department provide a wellness point of contact. We will work directly with your appointed representative to get familiar with your shift schedule and department operations, and we will schedule your members' appointments accordingly.

5. Can I still sign up for the program, even if my department isn't interested in participating?

Yes. All active public safety professionals may participate, with or without the support of their respective departments.

6. I recently underwent an ECG, blood tests, a chest x-ray, urinalysis, etc. Will you need to order those tests again?

If medical orders have been placed within three months of your test dates, it may not be necessary to reorder them; your wellness provider will incorporate your results into the assessment.

7. If I'm prescribed a new medication, what should I expect as far as follow up? What if I don't have a primary care provider?

If your wellness provider recommends a new or updated medication, you will follow up with your primary care provider. If you do not have a primary care provider, we will help you establish care with one at the end of your wellness visit.

8. My primary care provider isn't affiliated with Cleveland Clinic. Does that matter?

Your primary care provider does not need to be affiliated with Cleveland Clinic for you to participate. Once you complete your annual preliminary testing and a physical exam, all information will reside in your electronic medical record, which is also accessible to providers at University Hospitals, MetroHealth, private practice groups and other healthcare systems.

9. If something abnormal is found during my preliminary tests or physical exam, what happens next?

Our wellness providers will go over all your preliminary results with you during your physical exam. In the event of an abnormal test, the provider may order additional studies, refer you to a specialist or instruct you to follow up with your primary care provider. We have schedulers on hand to help you make these appointments. If something critical is found after your preliminary work but before your physical exam, you will be contacted by one of our providers with next steps.

10. How do I know if my health insurance will cover the costs of the program?

In accordance with the Affordable Care Act, every insured person is entitled to at least one preventive wellness exam per year, including any associated screening tests. These preventive exams—including those provided through the First Responder Wellness Program—are fully covered, regardless of the patient's deductible status. In the rare event that a claim is denied, we will negotiate with your insurance carrier to minimize or eliminate any residual costs.

11. I've already had an annual physical this year. Can I still participate?

You may be eligible for multiple preventive/wellness visits within a calendar year, depending on your insurance contract. We have found that many fire and police departments have no restrictions on the number of visits that qualify as preventive. You will likely be able to participate in our program even if you have already had an annual physical. We will assist you in reviewing your current plan and help determine your eligibility during your onboarding meeting.