



FIREFIGHTER HEALTH + WELLNESS



THIS 2-PART HEALTH PROGRAM INCLUDES

1

Blood Work + Urinalysis (5-10 min)

- 40-panel blood work
- Urinalysis

2

Primary Care Appointment

- Full physical exam with review of blood work
- 12 lead EKG
- Vision and hearing test
- Pulmonary function test
- Full Body Skin Cancer Examination (Optional)

Stress Test

- Interpreted by a cardiologist

Ultrasound Screening

- Abdominal aorta screening (AAA)
- Echocardiogram (valve function, heart pumping ejection fraction)
- Thyroid & carotid ultrasound
- Complete abdominal ultrasound: liver, spleen, gall bladder, kidney, testicular/pelvic, bladder

PROGRAM PACKAGES & SERVICES ARE CUSTOMIZED

PROTECTING OUR FIRST RESPONDERS

Early identification and management of health conditions and risks are key factors to living longer and healthier. **NDS Wellness's 2-part Firefighter Health Program** is designed to help you live a happier and healthier life--both on-duty and off-duty.

SAFE + PRIVATE

Your health results are completely confidential between you and the NDS case management team. **Your employer will not have access to your individual results.**

COMPREHENSIVE

Get a complete picture of your health and learn ways to maintain and/or improve your health.

FOR MORE INFO 888-267-4786 | support@ndswellness.com

