



# POLICE HEALTH + WELLNESS



## THIS 2-PART HEALTH PROGRAM INCLUDES

1

### Blood Work + Urinalysis (5-10 min)

- 40-panel blood work
- Urinalysis (bladder cancer screening)

2

### Primary Care Appointment

- Full physical exam with review of body systems
- Detailed review of blood work
- Education on health risks and eligible preventative screenings
- 12 lead EKG
- Full body skin check (optional)

### Stress Test

- Interpreted by a cardiologist

### Ultrasound Screening

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

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 Police Officer 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](mailto:support@ndswellness.com)

