FIRE AND RESCUE DEPARTMENT

MEMORANDUM

Date: **February 5, 2018**

To: **Gregory Pease, Chairman**
Professional Services Evaluation Committee

From: **Gail Loput, Chief of Training Academy**
Fire & Rescue Department

Subject: **Review of RFP Submittals for P-05-18 Health Screening Physicals for Jacksonville Fire & Rescue Department**

The Jacksonville Fire & Rescue Department has negotiated with the number one consultant that submitted a proposal and was selected to provide the Health Screening Physicals for Jacksonville Fire & Rescue Department (JFRD) Personnel/Ancillary Personnel resulting in the attached Scope of Services (section 4) and the Fee Schedule.

Accordingly, this is to recommend the City of Jacksonville enter into a contract with Life Extension Clinics, Inc dba LifeScan Wellness Center, to provide the Health Screen Physicals for JFRD Personnel/Ancillary Personnel that incorporates the attached Scope of Service, and the Fee Schedule. The initial contract period will be for one year from date of execution of contract with three (3) one-year renewals at terms mutually agreeable. The total maximum indebtedness is not-to-exceed amount of $500,000. All other terms and conditions of the Contact are per the City's standard contract language and as provided in the Request for Proposal (RFP).

Attachments: Scope of Services (Section 4)
Fee Schedule (#9)

GL/cd

Section 4
Description of Services and Deliverables

The individual/firm selected for this work will carry out the following tasks and provide the following:

A. Comprehensive Physical Examination
Per (NFPA 1500 & 1582)

1. ACSM/AHA Health History Questionnaire or PAR-Q
2. Prostate Exam for Men
3. Pelvic Exam for Women
4. Breast Exam for Women
5. Skin Cancer Screening

B. Cardiac Assessment

1. Echocardiogram
2. Resting EKG
3. Cardiac Stress Test (Per ACSM Guidelines, Females over 50, Males over 40, Asymptomatic patients with 2 or more cardiovascular disease risk factors, or a concurrent chronic disease that carries a high risk for cardiovascular disease).
4. Carotid Artery Ultrasound
5. Abdominal Aorta Ultrasound
6. Peripheral Vascular Test
7. Total lipid Profile

C. Cancer and Disease Assessment

1. Digital Exam with occult screening
2. PSA for Men (for age 45>)
3. Thyroid Ultrasound
4. Liver, Pancreas, Gall Bladder, Spleen, and Kidney Ultrasound
5. Pelvic Ultrasound for Women
5. 6Diabetes Test (Glucose)
6. Chest x-ray
7. PAP Smear

D. Pulmonary Function Test

E. Lab Test

1. Urinalysis
2. Complete Blood Count
3. Comprehensive Metabolic Panel
4. Thyroid Panel
5. Hem cult

Exhibit 'A'

6. Urine Drug Screen [Ten (10) panel DOT drug screen with conformation of results sent to the Health and Safety Officer]
7. HAZ-MAT testing for members of the HAZ-MAT Team Per OSHA 29 CFR 1910.120 and NFPA 472. Additional testing will be done on an as needed basis.
8. Hepatitis A, B & C testing
9. Immunizations for Hep A & B & boosters
10. Hep A&B Titers when needed
11. HIV Testing

F. Visual Acuity Test

G. Hearing Exam (Audiometric exam per NFPA 1582)

H. Personnel Consultation with review of testing results

I. Recommendations for medical interventions and behavioral Modification changes

J. Fitness Assessment

1. Cardiovascular Endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body Composition
6. Exercise Prescription
7. Functional Movement Screening (FMS)

K. To provide The Fire and Rescue Department with summary Information, of its Fire / Rescue personnel suitability for Fire Rescue & EMS work. The firm selected would recommend programs and training to reduce the chance of injury and illness. The firm selected would provide monthly and annual summaries of results of the testing and training administered to the Fire and Rescue personnel. The Fire Department will provide the Scheduling of its personnel.

L The testing will be conducted onsite at a location within Duval County, Jacksonville, FL approved by the Director Fire Chief or his/her designee.

M. The firm selected will provide all data requested relating to the employees annual physical.

1. The results of the exam will be provided for the Employee to follow up with their Primary Care Physician.

N. Develop computerized data reports and or electronic copies of the results and forward the same to the Health and Safety Officer. The format must be compatible with the JFRD database. The information will be sent to the Health and Safety Officer on a weekly basis.

O. The patient file should be provided to Jacksonville Fire

Exhibit 'A'

Rescue as data on a CD or DVD. Other electronic media or methods will be considered depending on the file size. A file nomenclature must be provided indicating the data types and lengths of the various fields in the nomenclature.

P. The following formats are acceptable:
   1. text file
   2. Microsoft Excel, xls
   3. Microsoft Access, mdb
   4. Microsoft SQL Server bak.

Q. No proprietary database formats other than the aforementioned are acceptable to include SCANNED RECORDS.

   1. A text file must meet the following requirements:
   2. A fixed field width must be provided for each column.
   3. A carriage return (CR) and a line feed (LF) should be used for the row delimiter.
   4. Other delimiters may be used, but must have prior approval from JFRD.

R. Staffing
   The firm selected will provide staffing to meet the scheduling of Fire Rescue personnel.

S. Physicals that reveal abnormal results will be reviewed with the patient/employee by a physician, PA, NP who is board certified in emergency medicine, internal medicine, or family practice. The following conditions are considered serious and the employee/patient advised to follow up with their primary care physician and/or specialty physician. Physicals resulting in failure of the PFT portion of the exam should be reported immediately to the Health & Safety Officer:

   1. Abnormal EKG and other related cardiac abnormalities
   2. New onset of Hypertension or uncontrolled Hypertension
   3. Diabetes
   4. Asthma
   5. Failure of the PFT
   6. Any significant abnormal lab values
   7. Any condition that may show cause for a Fit-For-Duty
   8. Any condition that does not meet the current standards of NFPA 1582

T. Final Evaluation will be reviewed and signed by a physician who is board certified in Emergency Medicine, Internal Medicine or Family Practice. This certification must be provided before any contract is awarded.

(End of Section 4 - Remainder of page intentionally left blank)

9. Quotation of Rates, Fees, or Charges and Other Detailed Cost Proposal or Cost Breakdown Information

Life Scan Wellness Centers **Comprehensive Physical Exam Per RFP P-41-13**	**$ 395.00**
Hands-on Physical Exam (NFPA 1582 Compliant))	included
Health History Questionnaire or PAR-Q	included
Mental Health and Sleep Disorder Assessments	included
Vision (Titmus)	included
Audiometry	included
Skin cancer assessment	included
Breast Exam for Women	included
Personal Consultation with review of testing results	included
Cardio Pulmonary Assessments	
Echocardiogram (Heart Ultrasound)	included
Resting EKG	included
Treadmill Stress Test with EKG, Bruce Protocol	included
Carotid Arteries Ultrasound	included
Aortic Aneurysm Ultrasound	included
Pulmonary Function Test, Spriometry	included
Cancer and Disease Assessments	
Digital Rectal with colon cancer screening (Hemoccult)	included
Thyroid Ultrasound	included
Liver, Pancreas, Gall Bladder, Spleen, & Kidney Ultrasounds	included
Bladder Ultrasound	included
Pelvic Exam with Ultrasound for Women (external, Ovaries and Uterus)	included
Testicular Ultrasound for Men	included
Prostate Ultrasound for Men	Included
Blood and Laboratory Tests	
Urinalysis	included
Lipid Panel	included
Diabetes Tests (Hemoglobin A1C and Glucose)	included
Complete Blood Count	included
Comprehensive Metabolic Panel	included
TSH Thryoid Test	included
PSA (men)	included
CA-125 (women)	included
Fitness Assessments (NFPA 1583/WFI Guidelines)	
Cardiovascular Endurance VO2 Max Calculation	included
Body Composition Analysis	included
Muscular Strength and Muscular Endurance	included
Flexibility Testing	included
Nutrition and Diet Recommendations	included
Exercise Prescription	included
Medical Clearances	
OSHA Respirator Medical Clearance	included
NFPA 1582 Firefighter Medical Clearance	included
TOTAL FLAT RATE	**$395.00**

Exhibit 'B'

Additional Tests Requested by RFP P-05-18	
Chest X-Ray with Radiologist review	65.00
Cholinestrese and Heavy Metals (Hazmat Tests)	127.00
Hepatitis A Test	55.00
Hepatitis B Test	55.00
Hepatitis C Test	55.00
Hepatitis A Titer	30.00
Hepatitis B Titer	30.00
Hepatitis A Vaccine (2 shot series)	65.00 EACH
Hepatitis B Vaccine (3 shot series)	65.00 EACH
Urine Drug (10 Panel)	35.00
Drug Rescreen with Confirmation	50.00
Medical Review Officer (MRO) as indicated	100.00
HIV Test	40.00
PAP Smear	45.00
OTHER TESTS AVAILABLE	
ABO Blood Type	22.00
OSHA Respirator Mask Fit Testing (Portacount)	45.00
Lumbar X-Ray with Radiologist review	65.00
Tetnus/DP	40.00
Nicotine/Cotinine Screening	65.00
Post Offer Police and Firefighter Examinations	TBD based on testing requirements
Quantiferon Gold (TB Blood Test)	65.00
Testosterone Blood Test	21.00
Cardiac Calcification Scoring with CT	TBD by Market Price
CTA, Coronary Arteries with Lung CT	TBD by Market Price

LOCATION Options:
1. Life Scan has a private, PUBLIC SAFETY ONLY Wellness Center that is located at
4130 Salisbury Road, Suite 2400
Jacksonville, FL 32216
2. On--site services for blood draws and/or physicals at location(s) provided by JFRD.

Exhibit 'B'