



DATE: September 21, 2021

TO: Mayor and City Council

FROM: Fire Chief

SUBJECT: Adopt a Resolution Authorizing the City Manager to Execute an Agreement with Life Scan Wellness Centers for the Provision of Medical Screening and Testing Services to the Hayward Fire Department in an Amount Not-to-Exceed \$103,000

RECOMMENDATION

That the Council adopts a resolution (Attachment II) authorizing the City Manager to execute an agreement with Life Scan Wellness Centers for the provision of medical screening and testing services to the Hayward Fire Department in an amount not-to-exceed \$103,000.

SUMMARY

Hayward Fire Department has identified Life Scan Wellness Centers as the sole provider of specific and appropriate physical evaluations and wellness services for public safety professionals. These services help with early detection of cancer and other life-threatening diseases and allow firefighters access to early treatment and increased survival rates.

BACKGROUND

Firefighting is recognized as a part of one of the most hazardous and stressful professions. This is due to long-term exposure to toxic materials and infectious diseases, high levels of physical demands, frequent and spontaneous fluctuations in blood pressure resulting from the “fight or flight” response, exposure to emotionally devastating events, and the effect of shift work schedules and impaired sleep. Additionally, firefighters are susceptible to burns, smoke inhalation, and crush injuries from collapsing structures in the field. They can suffer from heat exhaustion and long-term job-related illnesses such as asthma, persistent coughing, heart disease, cancer, and lung damage. A new study¹ shows the primary cause of cancer in the fire service is due to Polyfluoroalkyl Substances (PFAS) found in fire retardant foam and

¹ Peaslee, G. F., Mitchell, K., Mills, S., Roddy, M., Gonzales, A., Lee, S., Caterisano, N., McGuinness, S. R., & Wilkinson, J. T. (2020). Issue publicAnother Pathway for Firefighter Exposure to Per- and Polyfluoroalkyl Substances: Firefighter Textilesation information. *Environmental Science & Technology Letters*, 7(8). https://doi.org/10.1021/ezv007i009_1408468

on turnout gear. The monitoring of these threats and their effects on firefighters could be helpful, if not essential, in promoting and saving the lives of firefighters.

DISCUSSION

Hayward Fire Department staff has identified Life Scan Wellness Center as company dedicated to performing medical evaluations for the early detection of life-threatening illnesses commonly found in the fire service. Life Scan Wellness Center specializes in providing government fire service agencies with physical exams, incorporating an advanced level of medical assessments for the early detection of cancer, cardiovascular diseases, and other potentially catastrophic illnesses. The Life Scan model integrates ultrasound-aided physical exams for public safety officers, which are aligned with medical standards for over 350 fire service, EMS, and law enforcement departments. Essential components of the unique model include enhanced ultrasound imaging studies, advanced blood work, extensive physical exams, cardiopulmonary testing, and medically related fitness evaluations with a foundation in patient education and risk reduction.

Life Scan Wellness Center is and continues to be the sole provider of a program that provides public safety professionals with specific and appropriate physical evaluations. Their specialized electronic medical record system and complex analytics allow high-level de-identified wellness trends to further focus on organizational health and wellness successes. Furthermore, Life Scan's collective medical, technical, and industry expertise ensures quality service complies with the National Fire Prevention Association (NFPA 1582.7.2²) standards and the International Association of Firefighters/International Association of Fire Chiefs (IAFF/IAFC) wellness fitness initiatives. NFPA 1582, the Standard on Comprehensive Occupational Medical Program for Fire Departments, is a standard HFD has adopted for the overall health and well-being of the Department.

Tests and screenings deployed under the Life Scan Wellness program include, but are not limited to, the following:

- Cancer, heart, liver, and other cardiovascular screenings, extensive laboratory blood profiles (lipid, diabetes, and thyroid panels);
- Behavioral wellness assessments (sleep disturbances and mental health questionnaires);
- Diet and nutritional analysis;
- State-of-the-art fitness evaluations (muscular, strength, and aerobic assessment);
- Personalized wellness plans;
- Comprehensive blood chemistry/ analysis and metabolic panels; and
- NFPA fitness initiatives and evaluations.

The cost of the agreement with Life Scan Wellness Centers for these services is \$103,000 and will be funded with previously appropriated mutual aid reimbursement funds. Staff executed a formal sole source process as this is the only organization that provides these

² <https://www.nfpa.org/codes-and-standards/all-codes-and-standards/list-of-codes-and-standards/detail?code=1582>

specific services. Attachment III provides a more detailed description of the sole source justification.

STRATEGIC ROADMAP

This agenda item supports the quality of life for employees and the quality of service provided to the public.

ECONOMIC IMPACT

There is no immediate economic impact related to this operational purchase. The long-term economic implications of not conducting screening services and early detection of a severe life-threatening illness can result in substantial, long-term disability, premature death, and a substantial increase in health care costs.

FISCAL IMPACT

The \$103,000 in this agreement will be funded with previously appropriated mutual aid reimbursement funds per Resolution 21-155.

NEXT STEPS:

If this item is approved, staff will enter into an agreement with Life Scan Wellness Center to provide screening and testing services per their program in the amount not-to-exceed \$103,000.

Prepared by: Shanalee Gallagher, Management Analyst
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Recommended by: Garrett Contreras, Fire Chief

Approved by:



Kelly McAdoo, City Manager