

FY 19 WELLNESS INCENTIVE – DUE BY JUNE 30 , 2019

Under Local 22’s last ACT 111 award the city will continue to fund a Wellness Incentive for Active members and their spouse. Each member can earn \$200 and each spouse can earn \$100 by completing 2 qualified incentives. Retired HEALTH PLAN members and spouses are also eligible for the incentive. A complete guide to the Incentive program can be found on [www.local22healthplan.org](http://www.local22healthplan.org) under the “wellness” header. The mandatory physical being held at the Fire Academy counts as 1 incentive. We receive the names of the members who have completed these physicals and marked them down as completing 1 of the qualifying incentives. There are several hundred members who need to complete and send in the documentation for 1 more incentive to qualify for the \$200 Incentive.

We urge all our members to participate in this program and send in their documentation.

PEER SUPPORT PROGRAMS

Local 22’s Health Plan is not here just to provide our members with the best possible coverage during times of sickness and injury. Local 22’s Health plan is here to provide programs and support to our members in keeping them healthy both mentally and physically. We are proud to offer 2 very comprehensive programs geared specifically to addressing the physical and mental needs of our members.

Philly Motivated Fitness was established several years ago and has grown to include over 40 certified fitness trainers. These trainers currently work out of 3 Gym locations, visit firehouses and provide personal training at off-site locations all over the city for our members. The goal is to provide our members the opportunity to lead a healthier lifestyle through nutritional education and personalized activity programs. Philly Motivated Fitness is available to all Local 22 Health Plan members and dependents. For more information see us on facebook or visit our website at [www.pfmfitness.com](http://www.pfmfitness.com).

Local 22Peer Support program is a more recent but long overdue program whose goals are to assist our members in times of personal need or due to traumatic incidents. The objective of the Peer Support Program is to minimize psychological trauma that Local 22 members and their families may experience throughout their career and render assistance in an attempt to accelerate normal recovery to abnormal events, some of which are unique to Firefighters and EMS providers. The program has over 40 peer support volunteers available with plans of expanding in the near future. A list of Peer Support Volunteers can be found at any Fire house or by going on [www.pfmfitness.com](http://www.pfmfitness.com) and clicking on the PEER SUPPORT header or calling Mike Yaeger at 215 514-5288. All calls and information is strictly confidential.

WE’RE NOW COVERING ACUPUNCTURE

We’re pleased to announce that, effective immediately, the Health Plan is covering acupuncture treatment under both the Personal Choice PPO and Keystone HMO medical plans. This is a newly-offered benefit through Independence Blue Cross and the network is still growing. But if you are interested in acupuncture, we urge you to go to the Independence Blue Cross website at [www.ibx.com](http://www.ibx.com) and check for in-network providers. Your copay when you stay in-network is \$25. Like every other benefit, if you are in the HMO and go out of network, you have no coverage. If you are in the PPO and use an out-of-network provider, you will be responsible for the first \$ 250.00 and 20% for each visit after you’ve met the deductible.

This new benefit is offered as another solution for pain management, subject to the following Blue Cross guidelines:

- Capped at 18 visits/year
- Limited to 6 medically necessary diagnoses: 1. Headache (migraine, tension) 2. Post-operative and chemotherapy-induced nausea, vomiting 3. Nausea of pregnancy 4. Low back pain 5. Pain from osteoarthritis of knee/hip 6. Chronic neck pain

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Firefighters & Paramedics  
Local 22 Health Plan  
415 N 5th Street  
Philadelphia, PA 19123



# WELCOME TO THE HEALTH PLAN'S NEWSLETTER

## LOCAL 22 HEALTH PLAN CARDIO / CANCER SCREENINGS

### Firefighters Cardiovascular & Cancer Screening

TO: Paramedics & Firefighters  
FROM: Local 22 Health Plan  
RE: Cardiovascular & Cancer Screening Event  
DATE: June 3<sup>rd</sup> - June 7<sup>th</sup>



The Firefighters & Paramedics Local 22 Health Plan will be hosting a **Free Ultrasound Screening Monday June 3rd through June 7th**. This event will be taking place at **415 N 5th Street - Philadelphia, PA 19123**.

Why should you participate in the Cardiovascular & Cancer Screening Event?

- **First**, early detection of any cardiovascular issues is crucial for preventing a serious health crisis. Unfortunately, doctors are usually unable to prescribe diagnostic tests without symptoms. A Vascular screen tests for *plaque build-up on the artery walls, blockages or restrictions in blood flow and indicates signs of potential strokes, heart attacks or aneurysms*.
- **Second**, our health screen partner, **National Diagnostic Services**, is a *mobile screening company, that is a certified cardiovascular lab*. They are also the only provider from whom you’ll receive a comprehensive evaluation of the major abdominal organs to detect serious illnesses such as Cancers and Tumors.

**All tests are Ultrasound based & therefore are PAINLESS, and NON-INVASIVE.**  
**Package 1: Includes Thyroid, Testicular (men), General Pelvic (women), Bladder**  
**Package 2: Includes Carotid, Ankle Brachial Index (ABI), Abdominal Aortic Aneurysm (AAA), Thyroid and Bladder Ultrasounds.**  
**\*\*Participants Who Received the Angioscreen are Only Eligible for Package 1\*\***

**Local 22 is dedicated to the Health & Wellness of our members!**  
Pre-registration is required. To schedule your appointment:

1. Go to: <https://ndsscheduling.liveeditaurora.com/>
2. Select “create an account”
3. Complete the requested fields
4. Click “Submit”
5. Under “Choose your location”  
Select: “Philadelphia Local 22”
6. Under “Choose Your Type of Appointment”  
Select: “Ultrasound Screening”
7. Click “Search”
8. Select your desired appointment date/time  
*Please note: your room number does not matter! Pick either 1 or 2.*
9. Click “Book”
10. A blue dialog Click “Book Appointment”
11. You will get a welcome email and appointment confirmation email with exam instructions.

**For questions please call (248) 476-6980**



Easy access to the scheduling link can be found on [www.local22healthplan.org](http://www.local22healthplan.org). Click on the first article under “Latest News” or go to the “Wellness” header and click on “Spring 2019 Cardio/Cancer”Screenings.



# Lung Cancer Screenings

Local 22's Health Plan is partnering with Temple University Hospital to offer our members Lung Cancer Screenings. Starting next week, we will do targeting mailings outlining the procedure to sign up for the screenings.

The initial mailing will go to the retired members of the Health Plan. The reason for starting with the retiree population is that, although they represent a smaller group in the Health Plan, they are potentially also a higher "at risk group" than our active population.

This initial testing period should last approximately 2 months. We then plan on opening the lung cancer screenings up to the active membership. The Pilot Screening will be offered to members only and does not include dependents. The actual screening is a low dose CT (CAT) scan of the chest and usually takes less than 5 minutes. The scan is done in regular clothes and involves no injections. Dr Cherie P. Erkmén is a Thoracic Surgeon at Temple University Hospital who is involved in a research project on Lung Cancer in the Fire Service. Dr Erkmén has been an integral part of approving the screening for our members with the Administration at Temple University Hospital. We encourage our members to take part in Dr Erkmén's project if asked to participate.

## WHAT ARE THE BENEFITS AND RISKS OF LUNG CANCER SCREENING?

It is important to consider both the benefits and risks before deciding if lung cancer screening is right for you. Use the table below to consider your options. A Temple/Fox Chase medical professional will be happy to discuss the value of lung cancer screening to you.

THE BENEFITS OF BEING SCREENED FOR LUNG CANCER	THE FACTS*
Reduced chance of dying from lung cancer.	4 fewer lung cancer deaths when 1,000 people are screened.
It may detect cancer before you have any symptoms.	Without lung cancer screening, 75% of lung cancers are diagnosed at advanced stages. With lung cancer screening, 57% of lung cancers are diagnosed in early stages.
If caught early, you may have more treatment options.	Early lung cancer may be removable with surgery. Advanced lung cancers are often inoperable.
If caught early, treatment may be more successful.	Studies show that early treatment of lung cancer allows some patients to live a longer life.

THE HARMS OF BEING SCREENED FOR LUNG CANCER	THE FACTS*
There is the chance of a false alarm. A false alarm is a result that looks like cancer but is not.	365 in 1,000 will have a false alarm.
A false alarm could lead to an invasive procedure like surgery.	25 in 1,000 will have an invasive biopsy procedure for a nodule that is not cancer.
Invasive procedures sometimes cause serious complications.	3 in 1,000 will have a major complication from an invasive procedure.
Sometimes screening identifies slow growing cancers that would not lead to illness or death.	It is possible that 4 in 1,000 people will be diagnosed with a slow growing cancer that would not lead to illness or death.
There is a chance that the result of screening is negative, but cancer is present.	About 1 in 1,000 people had a negative scan, but were later diagnosed with cancer. Yearly screening decreases this risk.

\*Benefits and harms based on results of the National Lung Screening Trial, which included three annual screens and five years of additional follow-up. For more information [cancer.gov/clinicaltrials/noteworthy-trials/nlst](http://cancer.gov/clinicaltrials/noteworthy-trials/nlst)

### THE MOST IMPORTANT THING YOU CAN DO: STOP SMOKING

Avoiding cigarettes is the most powerful way to lower your chance of dying or suffering from lung cancer, emphysema and heart attacks.



## Philadelphia Fire Department Cancer Awareness Stand Down Event Thursday June 20, 2019 - 5:00 pm to 9:00 pm - 5200 Pennypack St.

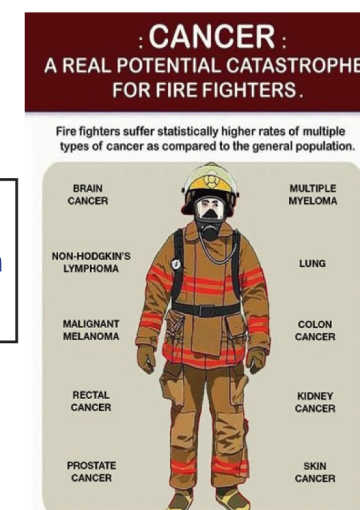
Local 22's Health Plan is proud to be included along with Local 22 in the upcoming Philadelphia Fire Department's Cancer Awareness Event.

The Health Plan will be there supporting the Department's efforts to make our members aware of the everyday cancer risk associated with their working environment. Representatives from the IAFF Health and Safety Department, Safety Gear Vendors and other experts in the Fire Service Field will be present to talk about Cancer in the Fire Service.

We are working hard towards offering our members the Health Screenings necessary to get early detection. Early detection increases the chances for curing our cancers. Awareness of the hazards in our environment may help our members take the proper steps towards Prevention and Healthy choices. Awareness will help us eliminate some possible habits that put us at risk. Do not pass up this opportunity to learn about steps that will help keep you healthy in our work environment.



Sign up to attend the PFD Stand Down Event -  
<https://www.signupgenius.com/go/8050D4BAFAB2BA0FB6-Philadelphia>  
Attendance will count as 1 Incentive for the FY 19 Wellness Incentive



### Firefighter Cancer Support Network Together

We help firefighters and their families cope with cancer.  
We Can Make A Difference

If you receive a cancer diagnosis, FCSN can start helping immediately with an FCSN cancer-support toolbox. FCSN's signature toolbox is full of tested, proven resources to help firefighters and their families cope with the cancer diagnosis, treatment, and recovery phases. We'll send it to you right away, free of charge.

Next, FCSN offers free badge-to-badge support to fire/EMS members and their immediate families. We have more than 130 peer-support mentors - nearly all are firefighters and paramedics who are cancer survivors themselves. Many of our mentors started their relationship with FCSN with a phone call or email seeking assistance for themselves. Now they're giving back by helping others through the process.

If you have received a cancer diagnosis, please call our toll-free number - **1-866-994-FCSN (3276)** - or use our online assistance-request link - [firefightercancersupport.org/request-assistance/](http://firefightercancersupport.org/request-assistance/). One call, one click of a "send" button is all it takes to rally your brother and sister firefighters. We can help!

Regards,

[www.local22healthplan.org](http://www.local22healthplan.org)

The graphic features a firefighter in full protective gear, including a yellow helmet with the number 8 and "VBFD" on it. The background is dark with orange and yellow flames. The text is in large, bold, yellow and white letters.

## Firefighters face cancer rates substantially greater than most Americans

Testicular cancer - 2.02 times greater  
Multiple myeloma - 1.53 times greater  
Non-Hodgkin's Lymphoma - 1.51 times greater  
Skin cancer - 1.39 times greater  
Brain cancer - 1.31 times greater  
Malignant melanoma - 1.31 times greater  
Prostate cancer - 1.28 times greater  
Colon cancer - 1.21 times greater  
Leukemia - 1.14 times greater

The most likely causes are the chemicals emitted from regular household products when they burn.

Source: Firefighter Cancer Support Network | [facebook.com/benspraguebangor](https://facebook.com/benspraguebangor) | @bensprague