



BOSTON FIRE DEPARTMENT CANCER AND CARDIAC SCREENING PROGRAM

PLEASE POST

ELIGIBILITY

Any member with 10 years of service or more are eligible for these screenings (no age minimum).

CHECKLIST

- Step 1: Complete the October TargetSafety modules.**
These short modules provide more details on the Cancer and Cardiac Screening Program.
- Step 2: Pick a provider – St Elizabeth’s or Beth Israel**
You choose where you would like to have these services completed (see page 2 for details).
- Step 3. Schedule your screenings**
Contact your selected provider directly to schedule your screenings.
- Step 4. Complete your screenings**
Complete your screenings and pay on-site for the cardiac screening. There will be no out-of-pocket expense for the cancer screening.
- Step 5. Submit for reimbursement for the cardiac screening**
Reimbursement documents are available from the Safety, Health and Wellness Division. A receipt of your out-of-pocket payment for cardiac screenings are required for reimbursement.
- Step 6. Complete follow-ups**
The provider will be in touch with results, including any recommended follow-ups. Make your Primary Care Physician aware of the results and use Dr. Hamrock’s guidance to explain why you need early, aggressive screening due to on-the-job exposures.
- Step 7: Keep up the good work**
Congratulations on taking a proactive step towards staying healthy! Keep up the good work by scheduling any needed follow-ups and adopting lifestyle and operational changes that can lessen your exposures and improve your long-term health.

IMPORTANT: THIS SCREENING DOES NOT QUALIFY AS YOUR ANNUAL PHYSICAL EXAMINATION AND DOES NOT SATISFY THE REQUIREMENTS FOR THE WELLNESS DIFFERENTIAL STIPEND.

CANCER SCREENING PROTOCOL	
<i>Screening</i>	<i>Reason</i>
Low-dose CT Lung Scan	To detect nodules, lung cancer
Abdominal Ultrasound	For detecting lesions in liver, pancreas, kidneys
Mammogram (female firefighters)	For early detection of breast cancer
Pelvic Ultrasound (female firefighters)	For detecting lesions in ovaries
Scrotal ultrasound (male firefighters)	For detecting testicular cancer

CARDIAC SCREENING PROTOCOL	
<i>Screening</i>	<i>Reason</i>
Carotid artery ultrasound	To detect carotid artery narrowing and stroke risk
Abdominal aorta ultrasound	To detect abdominal aortic aneurysms
Heart CT for coronary calcium score	Correlates directly to amount of coronary plaque and risk of future coronary disease

OUT OF POCKET COSTS			
St. Elizabeth's		Beth Israel	
<i>Cancer Screening</i>	<i>Cardiac Screening</i>	<i>Cancer Screening</i>	<i>Cardiac Screening</i>
\$0	\$549.31	\$0	\$545.30

CONTACTS	
St. Elizabeth's	Beth Israel
To schedule screenings, contact Paula Mulkern Phone: (781)724-6735	To schedule screenings, contact Jane Corey Phone: (617)754-0455
Each provider has specific requirements for ordering these protocols – they will walk you through their specific paperwork.	

Boston Fire Department
General Questions: email safetyhealthwellness@boston.gov
Specific Questions (i.e. medical questions, scheduling issues, billing questions): Contact Beth Alley* (617) 839-3131, beth.alley@boston.gov
*Allow 72 business hours for response. If you need to cancel your scheduled screening, you MUST contact the provider directly.