

June 30, 2006



TO: PRIMARY CARE PROVIDER

FROM: HEALTH PROGRAMS OFFICE

INSTRUCTIONS FOR PRIVATE PHYSICIAN PROVIDING FITNESS FOR LIFE MEDICAL EXAMS

Our employee has chosen you to provide his/her annual wellness medical exam. This exam is to be equivalent to the Wellness medical that is provided by Los Angeles County Fire. Therefore, before agreeing to perform this examination, we would recommend that you review the testing components, fitness tests and equipment requirements that must be utilized to meet the standard protocols. A complete wellness medical exam is required of the employee to qualify for the Fitness for Life bonus program.

On the day of the medical exam the employee will arrive with a medical packet that details the paperwork and protocols for the exam. In order for the exam to be complete you will need to:

- Review the health history questionnaire.
 - Complete the components of the attached Wellness Protocol Exam.
 - Sign the Fitness for Life Medical Exam Compliance Form
 - Mail a copy of the Fitness for Life Medical and exam results to Occupational Health
- Additional information can be found at the Los Angeles County Occupational Health website and provides additional guidance for completing the exam. Website: <http://cao.co.la.ca.us/OHP/misc/cpg.wellness.doc>

By electing a primary care physician, the employee is responsible for all expenses not covered by his/her insurance. This exam is not billable to the County of Los Angeles. Please also note the following:

1. This exam must be completed by a Medical Doctor (MD or DO). Medical evaluations completed by physician assistants and/or nurse practitioners are not acceptable.
2. The employee must complete his/her medical during their birth month.
3. This Wellness exam may also include Commercial Driver's License Exam (DMV), but does not qualify as a HAZMAT physical. HAZMAT physicals must be done at County contracted clinics.
4. Upon completion of the exam, your signature on the fitness for life medical exam compliance form certifies that you have performed an exam equivalent to the wellness protocol sheet.
5. You will be required to mail within 14 calendar days of the exam the completed packet to include the health history questionnaire, strength and flexibility testing as well as diagnostic results to:

Occupational Health Programs
Attention: Fitness for Life
3333 Wilshire, Suite 1000
Los Angeles, CA 90012

Contact Number to coordinate mailing of completed packet, and administrative questions related to the exam contact OHP (213) 738-2177.

Questions regarding purchase or proper use of the equipment necessary for these fitness tests should be directed to the Fire Department's Exercise Physiologist, Bob Karwasky at (323) 881-2371. Please feel free to contact Captain George Cruz, Wellness Fitness Coordinator at (323) 881-2371 or Jamey Stephens, Health Programs Coordinator at (323) 881-3037 with any questions. Thank you for your time in providing this important physical exam.

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Attachment – Wellness Protocol