



MIIA Health Benefits Trust Public Safety Grant

Public Safety Grant Overview



Grant Overview

This grant provides MIIA Health Trust members with funding specifically for public safety health screenings related to cardiovascular wellness. We are working with Sigma Tactical Wellness to offer two programs:

1. HeartStart program
2. Onsite Full Metabolic Screening program

Who can apply?

Any Health Trust member group on the health plan may apply for a wellness grant. Dental/Vision only and Medicare plans are not included.

Goals

- Enable employees and their families to live healthier, more productive, and vibrant lives.
- Reduce the rates of heart attack, obesity, and other metabolic illnesses in first responders so that they can enjoy an enhanced quality of life long into their retirement.

Guidelines and requirements

Deadline for all submissions

February 7, 2025

Deadline for grant invoice or payment

Mid-June, 2025

Why has the Health Trust made this opportunity available?

Law Enforcement Health Background

- The average age of a police officer who suffers a heart attack is 46.
- The life expectancy of men and women in uniform is more than 20 years less than the general population.
- National statistical data shows that the obesity rate for police officers is 48% which is 20% higher than what is seen in the civilian sector. The rampant obesity epidemic creates concomitant diabetes, high blood pressure, sleep disorders, and significant musculoskeletal issues such as back, knee, and hip pain.

Why this grant?

This screening strategy can detect early heart disease markers in otherwise fit-appearing police officers as early as age 30. Standard population-based risk modeling, most commonly found in other wellness programs often fails to identify those at increased cardiovascular risk.

HeartStart Program

HeartStart consists of an advanced lipid and biomarker analysis via blood draw. Each participant will be guided through their results by a licensed practitioner via a twenty-minute interactive telehealth visit. During this visit, information regarding their heart attack risks will be identified and a treatment plan developed to actively reduce any cardiac risk exposed. A 30-minute visit with a registered dietician to discuss personalized dietary changes, weight optimization, and other nutrition information follows. This program includes all of the following components:

- Blood draw at a Quest patient service center or onsite*.
- Sigma's advanced bio-marker panel, identical to the testing used in Sigma's nationally recognized full on-site screening process.
- A twenty-minute visit with a Sigma-trained practitioner.
- A thirty-minute visit with a registered dietician.
- Six-month access to Quest Diagnostic's 4MyHeart Program.

\$349 per person

*Quest requires approximately 40 participants to send nurses onsite.

Onsite Full Metabolic Screening Program

The full program incorporates blood-based inflammatory biomarker detection, vascular imaging, and cardiopulmonary exercise testing to identify early-onset coronary disease for public safety employees. This program includes all of the following components:

- Electrocardiogram (ECG) stress test with physician interpretation and evaluation.
- Cardiometabolic testing with expiratory gas analysis to determine contributions of fat and carbohydrate metabolism to total daily energy expenditure (indirect calorimetry).
- Advanced lipid panel including cardiac inflammatory biomarker analysis.
- Analysis of hematology, liver and kidney function, thyroid function, and diabetic markers.
- Carotid intima-media thickness ultrasound (CIMT), which is performed and interpreted on-site.
- Consultation with a clinician (advanced-practice nurse or physician's assistant).
- Consultation with an exercise physiologist.
- In-depth nutritional analysis based on individual results of cardiometabolic testing through Sigma/Quest Diagnostics "For My Heart" program.
- Aggregated and blinded data report prepared and delivered to command staff.

\$849.00 per person

Contact

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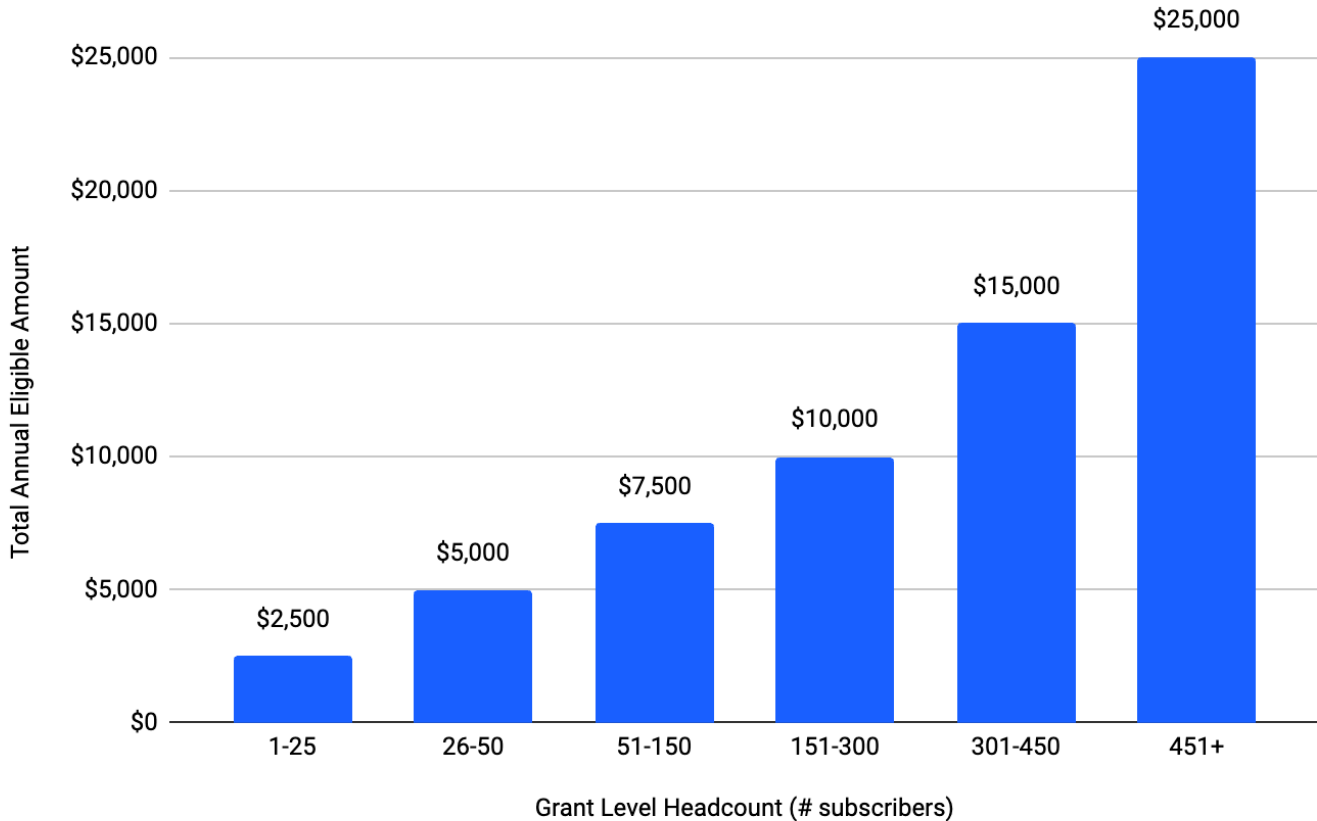
e-mail | vince@sigmacoaching.com

alternative email | iamsigma.com



Funding

- The Health Benefits Trust has earmarked \$250,000 for this purpose available on a first come first served basis for the FY'25 budget year. FY'25 July 1, 2024 – June 30, 2025.
- Groups may apply for more than one grant per year as long as the dollar amount does not exceed their total annual eligible amount (see below).



*Grant level headcount is based on active employee medical plan subscribers only.

Guidelines

To be Submitted

- Applicants should upload an estimate of the total funds based on the number of employees intended to be screened.
- Two signatures are required: Chief Municipal Officer and Chief Procurement Officer attesting that all state and local purchasing regulations and guidelines are followed.

Restrictions

1. Grant must be within total eligible amount based on grant level headcount (see chart above). Contact your MIIA Health Trust Wellness Representative to initiate grant discussion.

2. Grants may not be retroactive for an activity completed or in progress, or equipment previously purchased.

3. Grant funds must be used to cover the initial cost of the screening program. We do not pay any subsequent on-going fees for follow-up testing.

4. Groups may apply for more than one grant per year as long as the dollar amount does not exceed their total annual eligible amount. See above for grant tiers.

5. Funds will be allocated on a first come first serve basis.

6. **Leftover funds will not roll over to the next fiscal year.**

7. All submissions will be reviewed by the committee before being approved.

Deadlines

The deadline for application submission is February 7, 2025 (subject to fund availability).

1. Health Trust management will confirm receipt of your application. All grant applications will be thoroughly reviewed on a first come first serve basis and notification will be sent within 14 business days.

2. The Health Trust funded portion of the grant projects must be completed and invoices submitted to MIIA by mid-June 2025.

Grant Disbursement Options

Option 1

The Health Trust pays vendor directly, upon receipt of invoice from member.

Option 2

The Health Trust will reimburse the member upon receipt of a copy of the front and back of a canceled check and a copy of the vendor invoice. Please do not upload full credit card numbers.

*Please note —The Health Trust will provide grant or other reimbursements on approval of invoices and supporting evidence of expenditure submitted. Under no circumstances will the Trust provide reimbursement for anyone other than the vendor providing the service or purchase contracted, or the member entity for whom the service or purchase is intended.

A grant submission does not guarantee a grant award.

Questions?

For questions, please email Jayne Schmitz:

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