



PRIOR HEART INCIDENT GRANT

Heart attack and stroke care don't stop after hospitalization, especially for firefighters

Heart issues can often come on without any warning. But for some, heart issues can be part of a history of issues. This is definitely true for firefighters. The health of firefighters with prior heart incidents is of special concern to the Trust, so we started the Prior Heart Incident Grant (PHIG) to help enrolled firefighters stay on top of their medical issues because they are at heightened risk for recurrence.

Firefighters enrolled in the CFHC Trust's Heart Program with prior heart incidents such as heart attacks or strokes (excluding hypertension or angina), are eligible to enroll in Colorado State University's firefighter Heart Disease Prevention Program (HDPP).

The Trust will reimburse up to \$750 of the costs of enrollment and travel expenses associated with participation in the HDPP and will pay up to \$250 annually for follow-up visits.

HOW DO I QUALIFY?

Eligible applicants can submit a completed Physician's Statement acknowledging a qualifying heart incident.

WHO CAN SUBMIT A PRIOR HEART INCIDENT ASSESSMENT GRANT REIMBURSEMENT REQUEST?

Eligible firefighters can request reimbursement by filling out the form available on our website. If you don't know if you are eligible, ask your fire department leadership or contact us.

WHAT DO I NEED TO VERIFY THE REQUIREMENTS OF THE TESTING?

You will need to include a completed Testing Expense Reimbursement Form, along with a statement signed by a medical professional at CSU. Please bring the forms (available on our website) with you when you see the provider.

DO I NEED AN APPROVAL FROM MY DEPARTMENT?

No. Approval for this grant lies with the Trust. Firefighters can determine their eligibility by working with their department or

by contacting the Trust. Information from the testing can be shared with the employer only with the employee's approval.

HOW TO APPLY FOR REIMBURSEMENT AND HOW LONG DOES PROCESSING TAKE?

Submit a signed Testing Expense Reimbursement Form and Physician's Statement (both forms are available on our website) to:

CFHC Trust
c/o McGriff, Seibels & Williams, Inc.
PO Box 1539
Portland, OR 97201

We will send you a confirmation email after your submission is received and will contact you if we need any additional information. It can take one to two weeks to get the reimbursement check processed and signed, and then it will be mailed directly to the applicant firefighter.

DOES THIS GRANT AFFECT THE BALANCE OF THE DEPARTMENT'S FIREFIGHTER HEART FITNESS GRANT?

No, this program is funded separately from that program. The Trust wants firefighters with prior heart issues to have the best available information on their condition and to receive lifestyle counseling to make better decisions for the future.

For more information about the HDPP, please visit Colorado State University's website at hes.chhs.colostate.edu/outreach/hdpp/.

For more information visit cfhtrust.com or contact the CFHC Trust toll-free at 844-769-6650 or info@cfhtrust.com.



**COLORADO FIREFIGHTER
HEART AND CANCER BENEFITS TRUST**



FIREFIGHTER HEART FITNESS GRANT

Don't let cardiac issues take your firefighters by surprise

For most firefighters, the notion of coping with a major cardiac incident seems like something other people worry about. But heart issues can impact our lives at any time and from a large number of sources.

For that reason, it's important that first responders stay on top of their heart health by participating in regular health screenings.

The CFHC Trust established the Firefighter Heart Fitness Grant to help Trust Members provide heart health screenings to their enrolled firefighters. The grant reimburses the department for having firefighters participate in Colorado State University's Cardiac One Risk Evaluation (CORE) Program or any screening with similar standards.

The CORE Program provides basic heart health screenings that help establish a firefighter's risk of future heart health issues. These biometrics include:

- Resting 12-lead electrocardiogram (ECG)
- Fasting blood glucose
- Fasting lipids
- Height and weight
- Waist circumference
- Resting blood pressure
- Review of other risk factors (family and personal health history, smoking, etc.)

The CORE Program can conduct these screenings at your department for the cost of just \$50 per firefighter plus travel expenses.

This will also help establish eligibility under the Firefighter Heart and Circulatory Malfunction Benefits Act (CRS Part 3 of Article 5, Title 29), which requires that both volunteer and career firefighters receive a heart screening medical exam after being hired but prior to a covered incident occurring in order to be eligible for benefits under the CFHC Trust's program.

THE FINE PRINT

This reimbursement should be sought by the fire department, rather than the firefighter. Additionally, while the department can obtain these screenings for non-firefighter personnel (admins, family members, etc.), at the CORE Program rate of \$50, only enrolled firefighters are eligible for reimbursement.

HOW FUNDS ARE ALLOCATED

The Trust allocates grant money to each member based on the number of enrolled participants. The total allocation for each department will be available for use on any enrolled firefighter listed on their roster as filed with the Trust.

Use of the funds is subject to the approval of the CFHC Trust and of the fire department's designated representative or alternate representative to the Trust.

HOW TO APPLY

To apply for the grant, visit cfhtrust.com/grants/fhfg to obtain the required documentation and to fill out the online application. You will also need to have a receipt for the screening services.

For more information about the CORE Program, please visit Colorado State University's website at hes.chhs.colostate.edu/outreach/core.

For more information about the CFHC Trust visit cfhtrust.com or contact us toll-free at 844-769-6650 or info@cfhtrust.com.



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