



Emergency Responders Health Center

9976 WEST EMERALD ST. | BOISE, ID | 208.229.3742 (ERHC) | info@er-hc.org

Pre-Exam Letter Idaho State Police Pre-Employment Personnel

Clinic Location

For laboratory studies (blood and urine) and medical examinations:

Emergency Responders Health Center (ERHC)

9976 W. Emerald St (corner of Emerald and Ancestor Place; between Maple Grove and Five Mile)

Boise, Idaho 83704

Clinic phone: 208-229-3742; Fax: 208-229-8450

*Note: Located on the corner of Emerald and Ancestor Place; between Maple Grove and Five Mile.

Laboratory Studies (blood and urine)

You will have a blood-draw and urine drug screen taken as soon as you are able. In order to have a valid test, you must not eat or drink for 8-10 hours prior to the blood draw (except for water or black coffee).

- ERHC lab hours: 7:30am -9:00 am (walk-ins welcome). If needing mid-day blood draw, please call for an appointment.
- Fasting: 8-10 hours (recommend early morning draw time).
- **Bring a Photo ID with you**

Medical Exam

Your appointment date and time will be provided by Idaho State Police Human Resources via email.

What needs to be completed by each individual before the exam appointment?

1. Please complete the attached two forms and bring both with you to your appointment (both forms can be downloaded from ERHC webpage: www.er-hc.org; Click 'patient forms,' then 'ISP.'
 - Patient History Form --New Patients (4 pages)
 - Patient Information Form (1 page)
2. Please bring:
 - Vaccination records (Hepatitis A/B, Tetanus, MMR, Polio, Varicella, Influenza, etc.).
 - Insurance card (to place on file). No out of pocket costs.

Additional Information

1. The exam appointment will take approximately 2-2.5 hours. We will do our best to keep everyone ON TIME!!
2. The medical exam will consist of computerized vision screening, audiology screening (hearing), spirometry (test of lung function), chest X-ray, resting EKG, exercise cardiac stress test (treadmill protocol), immunization update and a confidential evaluation by an ERHC medical provider.
3. **Please bring:**
 - a. **Comfortable shorts and running shoes** for the treadmill test.
4. **Confidentiality:**
 - a. The entire exam is strictly confidential. ISP will receive:
 - i. Audiology and vision screening results (based on POST requirements)
 - ii. Pass/Fail medical clearance recommendation.
 - iii. Clearance recommendation to allow participation in the ISP Physical Fitness Test (PFT).
 - b. **NO additional personal medical information will be shared with Idaho State Police. Your medical history and health concerns are kept strictly confidential, to protect your privacy.**

If you have any questions or concerns regarding your examination, please contact our clinic: phone: 208-229-3742 or email us at info@er-hc.org. Our website is www.er-hc.org.

Rob Hilvers, MD • John Wick, MD • Jenna Rovig, NP-C

Erin Green, RDN (Dietitian) • David Ray, PT (Physical Therapist) • Amber Grant (Physical Therapy Assistant)