



Emergency Responders Health Center

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

Pre-Exam Letter Idaho State Police Personnel / Annual Wellness Exam

Labs

You will need to have a blood draw and urine collection taken as soon as possible, and no later than two days prior to your scheduled appointment date. Please contact your preferred laboratory site for hours of operation. 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).

- Please bring a Photo ID with you.
- Fasting: 8-10 hours prior to sample collection (recommend early morning draw time).

<u>Location</u>	<u>Boise</u>	<u>Coeur d'Alene/Lewiston</u>	<u>Pocatello/Idaho Falls</u>	<u>Twin Falls/Burley</u>
Lab	<p><u>ERHC</u> 9976 W. Emerald Boise, 83704 P: 208-229-3742 7:30-9:30 a.m.; Mon-Fri</p> <p><u>Treasure Valley Lab</u> 1070 N Curtis Rd., Ste 130 Boise, 83704 P: 208-377-1499</p>	<p><u>Alpha Medical Lab</u> 700 Ironwood Dr., Ste 135 Coeur d'Alene, 83814 P: 208-666-2048</p> <p><u>Clearwater Medical Clinic</u> 1522 17th St. Lewiston, 83501 208-743-8416 *lab draw appointment must be pre-scheduled (smaller clinic with single phlebotomist)</p>	<p><u>Physicians Immediate Care Center – Lab Center</u> 495 Yellowstone Ave, Pocatello, 83201 P: 208-478-7422</p> <p><u>Treasure Valley Lab</u> 2001 S. Woodruff Ste. 14 Idaho Falls, 83404 P: 208-522-2124</p>	<p><u>Interpath Lab</u> 496 Shoup Ave. W Ste F Twin Falls, 83301 P: 208-734-8887</p> <p><u>Interpath Lab</u> 1021 E Main St. Burley, 83318 P: 208-678-6581</p>
Medical Provider	<p><u>ERHC</u> 9976 W. Emerald Boise, 83704 P: 208-229-3742 *Corner of Emerald and Ancestor Place</p>	<p><u>Northwest Specialty Hospital - Urgent Care Area</u> 750 N. Syringa Street, Suite 100 Post Falls, 83854 P: 208-262-2600</p>	<p><u>Primary Care Specialists</u> 110 Vista Dr. Pocatello, 83201 P: 208-234-2300</p>	

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

1. Patient Information Form (completed with any updates since last examination).
2. Patient History Form – Established Patients (2 pages).
3. OSHA – Respiratory Medical Questionnaire, if applicable (member of Clan Lab or Forensic Lab teams).

Note: All forms can be downloaded from ERHC website: www.er-hc.org. Click 'Patient Forms,' then 'ISP.'

Examination Information

1. You may request a male or female provider at the time of scheduling. (Please note: Provider availability may be limited at satellite clinics.)
2. The exam appointment will take approximately 2 to 2.5 hours. ERHC personnel are committed to doing their best to keep everyone ON TIME! Your prompt arrival will assist our personnel to keep all appointments running smoothly on your behalf, and for your fellow Department members and other patients.

Your appointment will include a nursing intake, a series of basic tests, a comprehensive visit with your medical provider, and possibly a urine drug screening (new recruits only).

We apologize in advance for any delays due to unforeseen circumstances; you may wish to bring reading or other materials in case of slight delays between these various exam components.

3. The Annual Wellness Exam elements will include the following:

- a. Complete Review of Medical History
 - b. Physical Examination
 - c. Vision Test (Snellen)
 - d. Audiology Screening
 - e. Spirometry (completed annually for members of Clan Lab or Forensics Lab teams).
 - f. Resting EKG
 - g. Exercise Stress Test
 - i. Age \geq 40 – annually
 - ii. Age 30-39: Every 2 years
 - iii. Age 20-29: Every 3 years
 - h. Chest X-Ray (every 2-5 years, for members of the Clan Lab or Forensics Lab teams).
 - i. Lab profile:
 - i. CBC (complete blood count)
 - ii. CMP (comprehensive metabolic panel)
 - iii. Fasting lipid profile
 - iv. Urinalysis (health assessment to detect sugar, proteins, or microscopic blood)
 - v. PSA (prostate specific antigen; annual for males age \geq 50)
 - vi. Hemoglobin A1c (if fasting glucose \geq 100)
 - vii. HIV (upon request by patient)
 - j. Pelvic examination and Pap smear (upon request by patient)
 - k. Prostate examination (if indicated and with patient consent)
4. Optional services (to be covered through insurance):
- a. Immunizations and infectious disease screening.
 - b. Other requested laboratory testing (endocrine screening – i.e. thyroid testing).
 - c. Please note: The cost for the initial Pap smear is covered. If Pap results are abnormal, the sample will be forwarded for additional laboratory testing; this additional study will be billed to insurance. HPV (Human Papillomavirus) testing (performed in tandem with Pap smear) will also be billed to insurance.

Additional Information

1. Please bring:
 - a. Comfortable shorts and running shoes for the treadmill test, if applicable. A T-shirt can be worn over leads during the EKG/Treadmill test to protect privacy.
 - b. Vaccination records (as available).
 - c. Insurance card (for billing of vaccinations and/or optional items).
2. Confidentiality
 - a. All exam results will be kept strictly confidential.
 - b. Per ISP instructions, ERHC will complete a medical clearance form to authorize ISP Members to participate in the ISP physical fitness test (PFT).
 - c. No additional, specific health or medical information will be disclosed to ISP.
3. For additional information regarding the examination process, please review the **Patient Reference Guide** on the ERHC website (<http://www.er-hc.org/patientforms>). This will detail the entire Annual Wellness Exam process, help you to prepare for testing procedures, and assist with any questions or information regarding patient rights.

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.