



# Emergency Responders Health Center

9976 WEST EMERALD STREET | BOISE, ID 83704 | 208.229.3742 (ERHC) | [www.er-hc.org](http://www.er-hc.org)

## PRE-EXAM INFORMATION | POLICE DEPARTMENT – ENTRY LEVEL EXAMINATIONS

Emergency Responders Health Center (ERHC) recognizes the extreme demands placed on law enforcement officers. Your agency has contracted with our Clinic to provide an Entry-Level Examination specifically customized to your occupational health needs – **at no out-of-pocket cost to you.**

Please also review the **Patient Reference Guide** found at [www.er-hc.org](http://www.er-hc.org) under Patient Forms/Police, or contact us.

The annual wellness exam (AWE) is **strictly confidential**. Your department will receive a 'Pass' or 'Letter' letter from ERHC following your examination, however no exam details will be shared.

**HOW TO SCHEDULE YOUR EXAM:** Call our Clinic at 208.229.3742 (ERHC) or email [info@er-hc.org](mailto:info@er-hc.org)

**WHEN TO SCHEDULE:** Based on individual department requests.

**WHERE TO FIND US:** 9976 West Emerald Street | Boise, Idaho 83704 (*between Maple Grove and Five Mile roads*)

**WHAT TO COMPLETE BEFORE YOUR APPOINTMENT:** (for all patients, new or returning)

- 1. PATIENT FORMS**
  - ✓ **Patient History Form** (complete either 'New Patient' or 'Established Patient')
  - ✓ **Patient Information Form**
  - ✓ **POST Health Questionnaire (Peace Officer's Standards and Training)**
  - ↓ All forms can be downloaded from [www.er-hc.org](http://www.er-hc.org) – click Patient Forms/Police
- 2. LABORATORY STUDIES**
  - ✓ **Fasting Blood Draw and Urine Sample:** no food or drink for 10 hours prior to your draw, but please drink water for proper hydration. Samples should be collected at least 48 hours prior to your exam date.
  - (No Appointment Necessary At ERHC)
  - ✓ **ERHC Walk-in Laboratory Hours:** 7:30 a.m. – 9:30 a.m., Monday thru Friday.
  - ✓ **Outside Lab Draws:** If planning to use an outside lab company (LabCorp or Quest), please contact ERHC staff to assure lab orders have been submitted to appropriate laboratory company.

## WHAT TO BRING TO YOUR APPOINTMENT:

1. Your completed ERHC patient forms, along with photo identification.
2. Your current vaccination records (Hepatitis A/B, Tetanus, MMR, Polio, Varicella, COVID-19).
  - ERHC can access the IRIS database to review individual vaccination records, for Idaho immunizations.
  - Hepatitis B vaccination will be administered if indicated. All other vaccinations will be deferred to first comprehensive AWE (annual wellness exam).

## WHAT TO KNOW:

1. Your visit may last 2-2.5 hours. ERHC has made every effort to expedite your Entry-Level Exam through our scheduling process; however, we apologize in advance for any delays due to circumstances beyond our control. *We welcome you to bring reading or other materials.*
2. Your exam will consist of laboratory testing (blood and urine), vital signs, vision screening/color perception, audiology (hearing test), spirometry (lung function), chest X-ray, resting EKG, cardiac stress test (treadmill running test) and a comprehensive exam by your ERHC medical provider including thorough musculoskeletal assessment. You may choose a male or female provider at the time you make your appointment (per Clinic scheduling availability).

***Our team looks forward to serving you.***

**Rob Hilvers, MD | John Wick, MD | Jenna Rovig, NP-C | Chelsea Wallace, NP-C**