



**REQUEST FOR PROPOSALS  
#51-20  
Employment Related Health Care Services**

**City of Clearwater**

**Attn: Procurement Division  
100 S. Myrtle Avenue  
3rd Floor  
Clearwater, FL 33756-5520**

**Due Date:  
September 17,2020 at 10:00 A.M. Local Time**

**Submitted By:  
LIFE EXTENSION CLINICS, INC. dba: Life Scan  
Wellness Centers  
1011 North MacDill Avenue  
Tampa, Florida 33607  
Patricia Johnson, CEO**

**ORIGINAL**



## **TABLE OF CONTENTS**

**TAB 1: Letter of Transmittal**

**TAB 2: Background and Demonstrated Experience of Provider**

**TAB 3: Scope of Services Available and Cost of Services**

**TAB 4: Scheduling, Timeliness of Services, Reporting Capabilities**

**TAB 5: Locations and Hours of Operation**

**TAB 6: References**

**TAB 7: Other Forms**

## TAB 1: TRANSMITTAL LETTER

Legal Name:	Life Extension Clinics, Inc.
DBA:	Life Scan Wellness Centers
Corporate Address:	1011 North MacDill Avenue Tampa, FL 33607
Testing Site options:	On-site at location(s) provided by City of Clearwater, Florida Life Scan Wellness Center, 11200 Seminole Blvd, Largo, FL 33778
Phone Number:	Phone: (813) 876-0625 Fax: (813)-876-0653
Authorized Signature:	Patricia Johnson, CEO
Email:	<a href="mailto:Patricia.Johnson@lifescanwellness.com">Patricia.Johnson@lifescanwellness.com</a>
Incorporated:	Florida, August 1998
Medical Director:	Anthony L. Capasso, M.D., P.A.
Solicitation:	REQUEST FOR PROPOSALS PROPOSAL NUMBER: #51-20 Employment Related Health Care Services/ Fire and Police Pre- Employment and Annual Physical and Fitness Evaluations
Due Date:	September 17, 2020 10:00 AM Local Time

On behalf of Life Scan Wellness Centers, I am pleased to present this proposal for RFP # 51-20 Employment Related Health Care Services, to provide the proposed Project Services related to Fire and Police Pre-Employment and Annual Physical and Fitness Evaluation. Due to the unique nature of our business, we are extremely qualified and experienced in all aspects of these employee health services.

Life Scan Wellness Centers proposes to provide an both an on-site program for the City of Clearwater Fire and Police Departments at location(s) designated and provided by the City of Clearwater as well as the option to use the Life Scan Wellness Center in Pinellas County.. An on-site program can help to ensure an expedient time frame for services as well as provides an option to keep employees on-duty resulting in a reduction in costs, time away from the job, or even overtime. *Life Scan Wellness Centers follows the guidelines outlined in NFPA 1582 (2018) and NFPA Supplemental: A Fire Departments Guide to Implementing NFPA 1582* as a guideline to Annual Physical Exams. Life Scan Wellness Centers is authorized to do business in the State of Florida. Life Scan Wellness Centers accepts the terms and conditions set forth in this Request for Proposal if awarded contract.

### BACKGROUND:

Life Scan Wellness Centers is the nation's leading provider of NFPA 1582 Compliant Physicals with over 40,000 public safety exams annually in 450+ departments including the City of Clearwater. Life Scan Wellness Centers has over twenty-three years' experience in the development and implementation of programs for state, municipalities, and counties to fit their specific needs. Our commitment to fire and police service is well established. Life Scan Wellness Centers is a nationally recognized expert and educator regarding the health and fitness of police and firefighters. Life Scan Wellness Centers has collaborated with the leading researchers and medical specialists on NFPA 1582 and the IAFF/IAFC Wellness Fitness Initiative Committees regarding first responder health and fitness.

Life Scan Wellness Centers recognizes the vital importance of combining the key components of health, wellness, and fitness to generate the healthiest, most productive employees.

## **PUBLIC SAFETY PHYSICALS:**

Life Scan Wellness Centers specializes in providing government agencies with public safety physical exams that comply with NFPA 1582, NFPA 1583, OSHA, and the IAFF/IAFC Wellness Fitness Initiatives, as well as incorporating an advanced level of enhanced screening assessments for the early detection of cancer, cardiovascular diseases, and other potentially catastrophic illness. Our Life Scan Wellness model of ultrasound-aided physical exams for Public Safety Officers has been incorporated into the standards for over 450 Fire Service, EMS, and Law Enforcement Departments.

Life Scan Wellness Centers has a distinctive approach to police and firefighter health. The Life Scan Wellness Centers public safety physical is an integrated model that combines NFPA 1582, NFPA 1583, FDLE, and OSHA compliant physicals with enhanced screenings for the early detection of major diseases such as heart disease, stroke, cancer, diabetes, and aneurysms before they reach a catastrophic level. It provides your employees with a thorough assessment of their physical and mental health. As well as recommendations for achieving and maintaining long term wellness.

Each Life Scan Wellness exam includes a comprehensive physical assessment that meets the guidelines of NFPA 1582 (Current Edition), The Fire Departments Guide to Implementing NFPA 1582 (2015) and the IAFF/IAFC Health and Wellness Initiative as well as the added-value benefit of our Life Scan Wellness Centers Ultrasound screenings of the internal organs and cardiovascular system, advanced laboratory blood profiles, diet and nutritional analysis, and a personalized wellness plan.

Our Life Scan Wellness Program also includes a Fitness Evaluation that is compliant with NFPA 1583 and the IAFF/IAFC Joint Labor Management Wellness Fitness Initiative (WFI) recommendations. Our clinical exercise physiologists have the expertise and experience to assess the physical fitness levels of each employee in relationship to their cardiovascular and overall health condition and will recommend personal fitness goals as well as diet and nutritional improvements.

During the Life Scan Wellness exam, each patient is given a comprehensive understanding of their current health as well as their health risk stratification.

## **CONFIDENTIALITY**

All medical records and information will remain confidential and maintained in the corporate administrative office of Life Scan Wellness Centers. Information will be accessible by request from the individual. Communications regarding an individual's results as it pertains to the safety of the individual or safety of the coworker will be provided to designated City personnel if required by contract and shall include the information necessary for City of Clearwater Fire and Police Departments to maintain a safe and effective workplace. All areas of confidentiality will be according to the Confidentiality requirements of the RFP.

As an on-going program of Health, Wellness, and Fitness, Life Scan Wellness Centers and our clinical staff will be a team dedicated to identifying areas of concern, monitoring the recommended interventions and programs, and assuring that your employees attain and maintain the level of health and well-being that is crucial to perform their jobs optimally and greatly reduce the chance for illness and injury. Thank you for the opportunity to respond to this RFP for City of Clearwater Employment Related Health Care Services. #51-20 Fire and Police Pre-Employment and Annual Physical and Fitness Evaluations

## **KEY CONTACTS FOR CITY PROJECT**

- *Business Liaison and Contracting:* Patricia Johnson, CEO
- *Project Manager:* Jennifer Connelly.

## TAB 2: SUMMARY OF QUALIFICATIONS

Life Scan Wellness Centers is the nation's largest provider of NFPA 1582/1583 compliant occupational medical exams serving over 450 public safety departments including over 200 in the State of Florida. Life Scan Wellness Centers proposes to provide services for the with our Life Scan Wellness Centers Public Safety Physicals. For over twenty-two years our mission has been to bring a new level of health, wellness, and fitness to Public Safety Departments. Life Scan Wellness tackles the big health issues in public safety: Cancer, Heart Disease, and Behavioral Health. Our Life Scan Wellness Program was the first public safety physical in the United States that is both NFPA 1582 and 1583 compliant as well as provides early detection of cancer and heart disease with our progressive approach. Our Life Scan Wellness Centers Program is not just a series of different random tests but an integrated physical that combines the essential components of NFPA 1582/1583 with our unique model of enhanced screening assessments, advanced blood work, extensive physical exam, cardiopulmonary testing, and fitness evaluations with a foundation in patient education. Our distinctive Life Scan Wellness Centers Ultrasound-aided physical exam has been the cornerstone of our Life Scan Wellness physicals since our onset and the key to our success in the fight against cancer, heart disease, and other potentially catastrophic diseases.

### CORPORATE EXECUTIVE TEAM and KEY PERSONNEL:



***Principal:*** Patricia Johnson, CEO and co-founder of Life Scan Wellness Centers, has over thirty-five years of medical expertise and is an authority on the health and wellness of public employees and public safety officers. Recognizing the high- toll exacted by the extreme physical requirements and stress that firefighters and police officers encounter each day, as well as the impact on their families, Patricia focuses on the distinctive medical needs of fire departments and police agencies. Patricia integrated occupational medical services with preventative medicine specializing in the early detection and prevention of both chronic and acute diseases including heart attacks, strokes, cancer and other catastrophic diseases, for the benefit of government entities. Patricia will be the business liaison with City of Clearwater.

***Principal:*** Michael Terrana, Esq., CFO and co-founder of Life Scan Wellness Centers, has over thirty-five years as a practicing attorney and member of the Florida Bar. Mike began his career as a Hillsborough County Assistant State Attorney. In 1998 he founded his private law firm and served as lead partner specializing in property law. Since his retirement from his law practice, Mike serves full time in his position of Chief Financial Officer and Chief Legal Counsel for Life Scan Wellness Centers. Mike is responsible for ensuring legal and corporate compliance as well as the fiscal stability of Life Scan Wellness Centers. Mike oversees all contracts and serves as corporate counsel.

***Corporate Medical Director and Florida Medical Director:*** Anthony Capasso, M.D. Dr. Capasso is Board Certified in Internal Medicine and has over 25 years in medical practice. He is fully experienced in occupational health related to first responders, post offer employment physicals, firefighter and police physicals and medical clearance, HAZMAT medical clearance, and internal medicine. Dr. Capasso is the supervisory medical director and directs the medical clearance reviews. Dr. Capasso has served as the Life Scan Wellness Centers' corporate medical director for over 18 years.

***Clinical Team Leaders:*** Mallory Roper, ANRP-BC, is the Life Scan Wellness Centers' Lead Nurse Practitioner. She is responsible for the supervision of the medical specialists and for the continuing education as well as medical procedures and protocol for the Life Scan Wellness Center medical program. Beth will ensure quality control over medical reporting and records and manage scheduling timelines. Ms. Roper works in conjunction with Dr. Capasso to direct the medical protocol for the Life Scan Wellness

Centers and has extensive experience with NFPA 1582 guidelines and interpretation including annual and candidate medical clearances.

**Chief Strategy Officer:** Chief Todd J. LeDuc, MS, CFO, FIFire (Ret.) served over thirty years at Broward County Sheriff Fire Rescue in Florida retiring as Assistant Fire Chief. He is also the current Secretary of the International Association of Fire Chiefs (IAFC) Safety, Health & Survival Section Board of Directors where he has served for the last 15 years. Chief LeDuc is a co-author of the IAFC Health Care Providers Guide to Firefighter Physicals. He serves as an advisory board member to the National Fallen Firefighters Foundation's First Responder Center of Excellence on firefighter physicals. In his role with Life Scan Wellness, Chief LeDuc is focused on assuring the highest levels of clinical excellence as well as forging national partnerships with leading fire service organizations to enhance cutting edge early detection screenings are available for identification of occupational cardiac disease, cancer and behavioral health. Chief LeDuc will be the public safety health and wellness liaison with the City of Clearwater.

**Project Manager:** Jennifer Connelly. Jennifer is the Life Scan Wellness Center Administrative Director and Project Manager. Jennifer will be the liaison with City of Clearwater. She is responsible for the supervision of the medical staff. Jennifer will ensure quality control over medical reporting and records and manage scheduling timelines.

#### **DETAILED STAFFING PLAN:**

Our Life Scan Wellness Program is designed specifically for public safety and the entire medical staff has extensive knowledge and experience in providing firefighter physicals. The medical staff works in teams and each of them is experienced in all aspects of the scope of services and the Life Scan Wellness program including NFPA 1582, NFPA 1583, FDLE, OSHA Respiratory Standard, the Wellness Fitness Initiative fitness evaluations, annual medical clearances, and reporting processes.

- The Life Scan Wellness staff dedicated to City of Clearwater will include three (3) full-time Life Scan employees that are extensively trained and experienced in our Life Scan Wellness/NFPA 1582 firefighter physicals using an integrated, team approach. The lead nurse practitioner will perform the physicals with the collaboration of the Life Scan Medical Director, Anthony Capasso, M.D. Dr. Capasso will be available to also review and sign medical clearances as needed.
- Each team member is a direct employee of Life Scan and has undergone extensive training with Life Scan to fully understand the technical, clinical, Life Scan Wellness procedures, and individual protocols of the assessments and medical clearances.
- All Life Scan medical staffing receives annual, recurrent training in areas such as ACLS certification, Public Safety Disease Risks, Diabetes, Hazmat testing, Infectious Diseases, Blood borne Pathogen and Safety Protocols, Medical Reporting updates, NFPA 1582 updates, IAFF/IAFC Wellness Fitness Initiative, FDLE candidate physicals, and Life Scan clinical updates.

#### **OFF-SITE CLINICAL STAFF:**

The Life Scan program is designed specifically for Fire and Police Rescues and the entire clinical staff has extensive knowledge and experience in providing NFPA 1582/1583 firefighter and FDLE police physicals and fitness evaluations. The clinical staff works in teams and each of them is experienced in all aspects of the scope of services and the Life Scan program including NFPA 1582, NFPA 1583, FDLE, OSHA Respiratory Standard, the IAFF/IAFC WFI Initiatives, firefighter and police medical clearances and

reporting processes. The team that will be designated to the City of Clearwater will be determined upon award of contract and will be approved by the City of Clearwater prior to the initiation of the program. The team will be full-time Life Scan Wellness Centers employees that are experienced and extensively trained in our procedures and processes.

***Advanced Practice Registered Nurse***

Life Scan's Advanced Practice Registered Nurses perform the on-site annual and pre-employment physicals, clinical assessments, administer the infectious disease program, and medical clearances under the supervision of Dr. Capasso. Our nurse practitioners have extensive experience providing medical clearances, pre-placement employment physicals, fitness for duty, NFPA 1582 and FDLE Medical exams, WFI, and OSHA Respirator Medical Clearance. They each have a thorough understanding of the unique needs, physical requirements, and mental stress related to the profession of firefighter and police personnel. Our Life Scan Wellness Centers nurse practitioner will be under the supervision and collaboration of Dr. Anthony Capasso. ACLS Certified, Florida Licensed.

***Clinical Exercise Physiologist***

Life Scan Wellness Centers Clinical Exercise Physiologists are experienced in cardiac testing and interpretation, lung capacity (pulmonary function) testing and interpretation, firefighter fitness evaluations, diet and nutrition, body fat and body composition, and all aspects of NFPA 1582, NFPA 1583, FDLE, and WFI fitness assessments. All Life Scan Wellness Centers physiologists are trained and experienced in OSHA Respiratory Protection 1910.134 medical testing and Mask Fit Testing protocol. ACLS Certified

***Sonographer, Ultrasound Technician***

Life Scan Wellness Centers sonographers are fully cross-trained in all modalities of ultrasound including vascular, heart, abdominal, and general ultrasound. Our ultrasound sonographers provide a key component to the overall health assessments, early detection testing, and education of our patients. The Life Scan Ultrasound Technicians are all direct, full-time Life Scan Wellness Centers employees. ARDMS Certified, BLS Certified

**Sub-Contractors:**      LabCorp, Phlebotomy and Reference Laboratory  
                                    Mobilex, Mobile X-rays

***Behavioral Health Advisory Board:*** Dr. Alana Brunacini, PhD: Maricopa County Crisis Stabilization Director, Behavioral health specialist in the fire service since 2012

Dr. Vince Van Hassel NOVA Southeastern University

Dr. Sara Jahnke: National Research Development Institute.

Allison Tate Pastine, M.Ed., MS, LCPC  
Certified First Responder Mental Health Counselor,

***Nutritional Health Advisory Board:*** Dr. Susan Day, PhD. University of Texas

***Cardiovascular Advisory Board:*** Dr. Denise Smith Skidmore College



**Life Scan Medical Director**

**ANTHONY L. CAPASSO, M.D.,**

**EDUCATION**

1984-1987     Ohio State University, Columbus, Ohio. Bachelor of Science--Biology  
Cum Laude.  
1984-1986     Cleveland State University, Cleveland, Ohio.

**POST GRADUATE TRAINING**

1988-1990     Ohio State College of Medicine, Columbus, Ohio  
1991-1993     University of Alabama School of Medicine, Birmingham Alabama, M.D.  
1993-1994     University of Florida Health Science Center, Jacksonville  
Florida; Internal Medicine Internship.  
1994           University of Hawaii Integrated Medical Residency  
Honolulu, Hawaii; Internal Medicine Residency 7/1/94 - 12/4/94  
1995-1996     University of Florida Health Science Center, Jacksonville  
Florida; Internal Medicine Residency.  
Graduation July 1996

**HONORS AND AWARDS**

1984-1987     Dean's List  
1985           Summa Award, University College, Ohio State University.  
1987           Graduate Cum Laude, College of Arts and Sciences, Ohio State University.  
1989           Honorary Letter from the Department of Anatomy for outstanding performance,  
Ohio State College of Medicine.

**CERTIFICATION**

Diplomat of the National Board of Medical Examiners, June 1993  
Diplomat ABIM, August 1998

**MEDICAL LICENSURE**

FL ME 0069518

## **MEMBERSHIPS**

1984-1987	National Key Honor Society, Ohio State University
1988-1993	American Medical Student's Association
1991-1993	Tuscaloosa County Medical Association
1991-1993	Larry Mayes Society
1993-1997	American Medical Association
1994-1997	ACP Member
1999-present	Duval County Medical Society

## **EMPLOYMENT**

2007-present	Life Scan Wellness Centers-Medical Director
2003-present	Hospice of Jacksonville –Associate Medical Director
1997-present	Smart for Life Jacksonville-Medical director
2002-present	Anthony L. Capasso M.D. P.A.-private practice
2001- 2003	University Of Florida – Clinical Assistant Professor
1999-2000	Premier Family Care - Internal Medicine
1998-1999	Jacksonville Emergency Consultants - Emergency Medicine
1997-1998	Premier Family Care - Local Tenum
1996-1997	South Beaches Medical - Internal Medicine
1996-1998	Bamen Venus M.D.P.A. - CCU intensivist



## Department of Health

ANTHONY L CAPASSO

License Number: ME69518

*Data As Of 6/29/2020***Profession**

Medical Doctor

**License**

ME69518

**License Status**

CLEAR/ACTIVE

**License Expiration Date**

1/31/2022

**License Original Issue Date**

10/27/1995

**Address of Record**1351 13TH AVE SOUTH SUITE  
110  
JACKSONVILLE BEACH, FL  
32250  
UNITED STATES**Controlled Substance Prescriber (for the Treatment of Chronic Non-malignant Pain)**

No

**Discipline on File**

No

**Public Complaint**

No

The information on this page is a secure, primary source for license verification provided by the Florida Department of Health, Division of Medical Quality Assurance. This website is maintained by Division staff and is updated immediately upon a change to our licensing and enforcement database.

# MALLORY ROPER

RN-MSN, FNP-C

TAMPA FL 33626

813-340-5322

MROPER1@TAMPABAY.FL.COM

WWW.LINKEDIN.COM/IN/MALLORY-ROPER-B95477105

## OBJECTIVE

---

Exceedingly motivated, skilled, and knowledgeable Family Nurse Practitioner with critical care, emergency, cardiology and palliative care nursing background, seeking full time employment opportunity in APRN role.

## PROFESSIONAL EMPLOYMENT

---

**Registered Nurse** Advent Health Nov 2016 - Present  
**Emergency Medicine** Tampa, FL

- Proficiently managed multiple patients of various acuities while providing individual quality care.

**Registered Nurse Palliative Care/** Tampa General Hospital March 2016- Nov 2016  
**Medicine-Surgery, Complex Medicine** Tampa, FL

- Provided holistic and nurturing support to patients and families. Strongly empathized and connected with patients.

**Registered Nurse** Tampa General Hospital Aug 2016- Mar 2016  
**Medical Intensive Care Unit** Tampa, FL

- Managed multiple patients using strong critical thinking, problem-solving and team collaboration skills. Interpreted clinical findings, assisted in creating differential diagnoses, and established referrals appropriately for individualized care.

**Cardiology APRN** Care Cardiology and Vein Center/ August 2019- Dec2019  
Mount Castle Vein Center

- Managed Cardiac Pts of different variety in office, hospital and ALF settings. Provided EKG interpretation as well as, medication changes and management. Independently preformed venous ablations followed by sclerotherapy for venous reflux and varicose veins.

**APRN Life Scan** Life Scan Wellness Feb 2020- Present

## EDUCATION AND ACADEMIC ACHIEVEMENTS

---

**Combined Master's Degree in Nursing/Family Nurse Practitioner Program** June, 2019  
South University – Tampa, FL

**Student Family Nurse Practitioner Clinical Rotations (hours):** Emergency Room (90), Geriatrics (90), Community Health/ Family (60), Family (180), OB/GYN (180), Pediatrics (180)

- These clinical rotations resulted in proficiency in the following advance practice skills: US guided Peripheral IV insertion, EKG interpretation, advanced suturing, Slit lamp, GYN procedures, trigger point injections, dermatology shave biopsies, venous ablations, sclerotherapy

November 18, 2019



**Mallory Roper, RN-BSN, FNP-B**

- **Advanced Practice Strengths acquired in clinical rotations :** Complete and focused history and physical examination; formulation pertinent differential diagnoses; formulating, ordering, and managing treatment plans based on most recent evidence-based guidelines with a cost-effective strategy; interpreting diagnostic results; determining future follow-up needs and proper referrals; communicating the plan, treatment, and management with the patient; EMR documentation

**Bachelor's Degree in Nursing (with High Honors)**  
South University- Tampa, FL

**June- 2015**

**High School Diploma (with Honors)**  
Sickles High School, Tampa, FL

**June- 2010**

**Advanced Academic Achievements:**

- Completed ECCO (critical care program through TGH)
- National Student Nurses Association
- Florida Medallion Bright Futures Scholarship

---

**LICENSURES AND CERTIFICATIONS**

**APRN Certification #F07192007**

**Expires July 31, 2024**

**Registered Nurse (RN), State of Florida, RN9414374**

**Original issue 8/3/15, expires 4/30/2021**

**Basic Life Support**

**Dec 2015- Jan 2022**

**Advanced Cardiac Life Support**

**Dec 2015- Jan 2022**

**Pediatric Advanced Life Support**

**Oct 2016- Sept 2020**

**NIH Stroke Certification**

**Oct 2016-Aug 2020**

---

**PROFESSIONAL ASSOCIATIONS**

American Nurses Association Member  
Tampa Bay Advanced Practice Nurses Council Member

Current Member  
Current Member

---

**EXTRACURRICULAR ACTIVITIES**

- Volunteered at Metropolitan Ministries for health promotion projects
- Volunteering at Metropolitan Ministries every year for Holiday food drive tent
- Assisted with health promotion programs through Calvary Community Clinic

Sept-Nov 2014

Yearly since 2014

June-2018

---

**COMPUTER SKILLS**

- Proficient in EMR documentation (Cerner, EPIC, e-Clinical Works, FirstNet)
- Microsoft Office Suite – Word, Excel, PowerPoint



## Department of Health

MALLORY ALEXANDER ROPER

License Number: APRN11004009

*Data As Of 8/27/2020***Profession**Advanced Practice Registered  
Nurse**License**

APRN11004009

**License Status**

CLEAR/ACTIVE

**Qualifications**

Nurse Practitioner

**License Expiration Date**

4/30/2021

**License Original Issue Date**

09/05/2019

**Address of Record**13511 IRONTON DR  
TAMPA, FL 33626**Controlled Substance Prescriber (for the Treatment of Chronic Non-malignant Pain)**

No

**Discipline on File**

No

**Public Complaint**

No

The information on this page is a secure, primary source for license verification provided by the Florida Department of Health, Division of Medical Quality Assurance. This website is maintained by Division staff and is updated immediately upon a change to our licensing and enforcement database.

# Rebecca C. Knecht

2924 W Dewey St Tampa FL, 33607

(410) 707-4726

knecht.rebecca@gmail.com

## EDUCATION

**George Washington University, Washington, DC**

*Major: Masters of Science in Clinical Exercise Physiology*

*August 2013-May 2015*

**West Virginia University, Morgantown, WV**

*Major: Sport and Exercise Psychology*

*August 2008-May 2012*

## TRAINING AND CERTIFICATIONS

- Advanced Cardiac Life Support
- Basic Life Support
- ACSM Certified Exercise Physiologist
- ACE Fitness Nutrition Specialist

*June 2017 – June 2019*

*Oct. 2018 – Oct. 2020*

*Dec. 2018 – Dec 2021*

## RELATED EXPERIENCE

**Life Scan Wellness Center, Tampa, FL**

*Exercise Physiologist*

*April 2017 - Present*

### Duties:

- Perform pulmonary function testing and submaximal cardiac stress tests on first responders
- Review health history of patient and work closely with nurse practitioner and ultrasound tech to evaluate health and fitness of individuals
- Calculate body composition through skinfold measurement and BMI
- Perform and read both resting and exercise EKG during submaximal stress test
- Take manual blood pressure both at rest and during exercise
- Discuss and customize exercise and diet regimen with each patient

**Howard County General Hospital, Columbia, MD**

*Cardio/Pulmonary Exercise Physiologist & Cardiac Diagnostics Tech*

*Nov. 2014 – Jan. 2017*

### Duties:

- Work with cardiac and pulmonary patients before during and after exercise to develop exercise plans tailored to their specific condition
- Teach cardiac education classes about exercise, nutrition, and medications. Teach pulmonary educations relating to exercise and nutrition.
- Perform EKGs, as well as hook-up patients to 24-hour Holter monitor and 24-hour BP monitor. Work with nurses to properly enter EKG orders and help troubleshoot EKG machine.
- Administrative duties including filing, entering patient information into databases, reconciliation of CST error work queue, update educational materials, and collect and input diagnostic data each month.

## Skills

- Experienced in Microsoft Word, Excel, PowerPoint, Outlook and Photoshop
- Proficient in Epic hospital database, GE Muse and Pyramis EKG carts and database, and Cardioperfect by Welch Allyn
- LEAN Sigma Trained
- Public Speaking
- Inventory Management

# Rebecca Knecht

Tampa, FL

rebeccaknecht9\_z27@indeedemail.com - 4107074726

Authorized to work in the US for any employer

## WORK EXPERIENCE

### Exercise Physiologist

Johns Hopkins Howard County General Hospital - Columbia, MD - March 2015 to January 2017

- Work with patients before during and after exercise to develop exercise plans tailored to their specific condition
- Take resting and exercise blood pressures manually, as well as take blood sugar for patients using glucometer when necessary.
- Teach cardiac education classes about exercise, nutrition, and medications, monitor patients EKGs, recognize and record dysrhythmias and report to cardiologist.
- Assist patients with exercise machines and proper free weight use
- Perform EKGs, as well as hook-up patients to 24-hour Holter monitor and 24-hour BP monitor.
- Hook-up patient, take blood pressure, and run computer for Nuclear Stress Tests

### Administrative Asistant

IEC Chesapeake - Laurel, MD - August 2012 to April 2015

- Work three times a week at office
- In charge of arranging, entering, and opening continuing education classes
- Enter student data from personal files
- Prepare committee agendas
- Various other administrative tasks

### Administrative Assistant

Cynergy Electric Co. Inc, - Crofton, MD - June 2012 to May 2014

- Sit in for secretary when absent
- Organized filing systems
- Transfer invoices from computer to files and vice versa
- Enter Purchase Orders into Quickbooks

### Weight Training Instructor

George Washington University - Washington, DC - January 2014 to April 2014

- Take attendance
- Monitor student participation
- Instruct on proper form and spotting
- Grade assignments (log books, articles, etc.)

## EDUCATION

### MS in Exercise Science

George Washington University - Washington, DC  
2013 to 2015



**BS in Sport and Exercise Psychology**

West Virginia university - Morgantown, WV  
2008 to 2012

**CERTIFICATIONS/LICENSES****ASCM certified exercise physiologist**

May 2015 to May 2018

**CPR/AED**

September 2014 to September 2016

**ADDITIONAL INFORMATION****Skills**

- Experienced in Microsoft Word, Excel, PowerPoint, Outlook and Photoshop
- Proficient in Epic hospital database
- Proficient in Pyramis and Muse EKG database
- Completed 2 day LEAN Sigma Training

Currently working towards fitness nutrition certificate

# TRINH T. DIEP, RDCS, RVT

5924 47<sup>th</sup> Avenue North, St. Petersburg, FL 33709 | trindy85@gmail.com | 727-688-4181

**PROFESSIONAL SUMMARY** | Cardiovascular sonographer with 9 years of clinical experience. Self motivated and hardworking with strong abilities to prioritize task efficiently while maintaining high levels of patient care.

**SKILLS & ABILITIES** | **Ultrasound Proficiencies:**  
Echocardiography  
Vascular  
Abdomen  
Small Parts

**Ultrasound Equipment:**  
GE Vividi  
Biosound MyLab5  
Terason uSmart

**EXPERIENCE** | **CARDIOVASCULAR SONOGRAPHER @ LIFE SCAN WELLNESS CENTERS**  
JULY 2016- PRESENT

- Perform 9 cardiac, abdominal and carotid ultrasounds per day
- Orientate and prepare patients on testing and procedure
- Execute PW, CW, color Doppler and 2-D imaging
- Prepare and sanitize room and probes for examination
- Review and notate patient charts

**PRN EKG/STRESS TECH @ NORTHSIDE HOSPITAL**  
FEBRUARY 2016-JULY 2016

- Attach electrodes to patients from the EKG machine to obtain a 12 lead reading.
- Attach and complete orders on hospital EMR system
- Prepare EKG and monitor patients for stress test including treadmill and nuclear stress testing under physician supervision

**CARDIOVASCULAR SONOGRAPHER @ HEALTHFAIR**  
JANUARY 2008 – JULY 2016

- Fast paced national mobile screening company
- Orientate and prepare patients on testing and procedure
- Perform 15-20 cardiac, carotid, and abdominal aorta ultrasounds per day
- Execute PW, CW, and color doppler
- Perform EKG and PAD testing
- Training new hires on policy and procedure

EDUCATION | **FLORIDA INSTITUTE OF ULTRASOUND, PENSACOLA, FL**  
CERTIFICATION, DIAGNOSTIC MEDICAL SONOGRAPHY  
January 2007 – December 2007

**BARRY UNIVERSITY, NORTH MIAMI SHORES, FL**  
BACHELOR OF SCIENCE, DIAGNOSTIC MEDICAL SONOGRAPHY  
August 2003 – December 2007

PROFESSIONAL  
CERTIFICATES | Registered Diagnostic Cardiac Sonographer (RDCS)  
Registered Vascular Technologist (RVT)  
BLS Certificate, American Heart Association

### **TAB 3: SCOPE OF SERVICES AVAILABLE AND COST OF SERVICES**

#### **LIFE SCAN WELLNESS CENTERS SCOPE OF SERVICES AVAILABLE:**

Due to the unique nature of our business, we are extremely qualified and experienced in all aspects of the Scope of Services for Fire and Police Pre-Employment and Annual Physicals and Fitness Evaluations. We are the innovators and sole provider of the Life Scan Wellness Centers annual public safety physicals and have been providing this service for over 23+ years. Our Life Scan Wellness Centers Public Safety physicals are 100% compliant with the following standards and guidelines: NFPA 1582, NFPA 1583, the IAFC/IAFF Wellness Fitness Initiative, FLDE, and OSHA 1910.134 Respiratory Protection Program.

Life Scan Wellness Centers is pleased to respond to the following Scope of Services:

- Fire and Police Pre-Employment and Annual Physical and Fitness Evaluation
- Pre-Employment Drug Testing for Fire and Police

Life Scan Wellness Centers agrees to participate in employee grievance as a result of related testing process/results.

#### **LIFE SCAN WELLNESS CENTERS IS NOT RESPONDING TO THE FOLLOWING IN THE SCOPE OF SERVICES:**

- Pre-Employment physicals to non-certified employees.
- Pre-Employment drug testing to non-certified employees.
- Reasonable Suspicion Drug and Alcohol Testing
- Random DOT/PHMSA- Safety Sensitive Drug and Alcohol Testing

<b>LIFE SCAN PUBLIC SAFETY PHYSICAL EXAM 2020/2021</b> <b>PRICE QUOTE: Clearwater RFP # 51-20 Employment Related Health Care</b> <b>Police and Fire Physical Examination Annual and Pre-Employment Includes</b>	
<b><i>Physical Exam, NFPA 1582 Compliant</i></b>	
Medical & Occupational/Environmental Questionnaire	Included
Comprehensive Hands-On Physical Exam	Included
Vital Signs: Height, Weight, Blood Pressure, Pulse	Included
Behavioral Health Evaluation	Included
Sleep Disorder Evaluation, Epworth Sleep Scale	Included
Back Health Evaluation	Included
Urinalysis	Included
Audiogram	Included
Visual Acuity Test, Titmus	Included
Titmus Occupational Vision with Peripheral, Depth Perception, and Color	Included
Breast Exam with Self-Exam education	Included
Personal Consultation with review of testing results	Included
<b><i>Laboratory Tests:</i></b>	
Comprehensive Metabolic Panel, Blood Chemistry	Included
Complete Blood Count, Hematology Panel	Included
Hemoccult Stool Test for Colon Cancer Screening	Included
Total Lipid Panel	Included
Thyroid Test TSH	Included
Glucose	Included
Hemoglobin A1C	Included
PSA (Prostate cancer marker, Men)	Included
Testosterone ( Men)	Included
CA 125 (Ovarian cancer marker, Women)	Included
<b><i>Ultrasound Screenings (Early Detection of Heart Disease and Cancer):</i></b>	
Echocardiogram (Heart Ultrasound)	Included
Carotid Arteries Ultrasound	Included
Aorta and Aortic Valve Ultrasounds	Included
Liver Ultrasound	Included
Gall Bladder Ultrasound	Included
Kidneys Ultrasound	Included
Spleen Ultrasound	Included
Bladder Ultrasound	Included
Thyroid Ultrasound	Included
Prostate Ultrasound	Included
Testicular Ultrasound	Included
Ovaries and Uterus Ultrasounds	Included
<b><i>Cardiopulmonary Testing</i></b>	
Cardiac Stress Test (Treadmill with 12 lead, sub-maximal, Bruce Protocol)	Included
EKG, 12 Lead	Included
Spirometry, PFT Lung Capacity	Included
OSHA Respirator Medical Clearance	Included
<b><i>Fitness Evaluations per NFPA 1583~IAFF/IAFC Wellness Fitness Initiative:</i></b>	
Fitness tests for muscular strength & endurance	Included
Sit and Reach, Planking, Grip Strength,	Included
Sit Up Test, Wall Sit, Flexibility	Included
VO2 Max Calc for Aerobic Capacity	Included
Body Weight and Composition	Included
Personal Fitness Rx	Included
Personal Wellness Plan with recommendations	Included
<b>LIFE SCAN PUBLIC SAFETY PHYSICAL EXAM 2020 Per Person</b>	<b>\$420.00</b>

	<b>2020 Line Item COST</b>
<b><i>OTHER Tests Available:</i></b>	
Chest X-Ray, 2 view with radiologist review	\$75.00
Lumbar X-Ray, 2 view with radiologist review	\$75.00
Hazmat Cholinestrese and Heavy Metals	\$140.00
Hepatitis A Titer	\$36.00
Hepatitis B Screening Test	\$56.00
Hepatitis B Titer	\$36.00
Hepatitis C Screening Test	\$56.00
HIV Test, Gen 4	\$27.00
Hepatitis Vaccines each shot (A=2 shot series, B=3 shot series) (Based on current market costs)	\$70.00 each shot
PPD TB Skin Test	\$22.00
QuantiFeron TB Blood Test	\$67.00
Tdap (Tetanus, Diphtheria, Pertussis) Titer	\$30.00
OSHA Respirator Mask Fit Testing (Portacount)	\$40.00
Drug Screen, I CUP	\$47.00
Drug Rescreen with confirmation	\$55.00
ABO	\$27.00
Nicotine	\$65.00
Phlebotomist (blood draw)	\$20.00

#### **TAB 4: SCHEDULING, TIMELINESS OF SERVICES, REPORTING CAPABILITIES**

Life Scan Wellness Centers proposes to provide services for the City of Clearwater with our Life Scan Wellness Centers' Police and Firefighter Annual and Pre-Employment Physicals. For over twenty-three years our mission has been to bring a new level of health, wellness, and fitness to Public Safety Departments. Life Scan Wellness tackles the big health issues in public safety: Cancer, Heart Disease, and Behavioral Health. Our Life Scan program was the first public safety physical in the United States that is both NFPA 1582/1583/FDLE compliant as well as provides the early detection and prevention of cancer and heart disease with our progressive approach. Our Life Scan Wellness Program was designed by the founders in 1998. Our Life Scan public safety physical is not just a series of different random tests but an integrated exam that combines the essential components of NFPA 1582/1583/FDLE with our unique model of ultrasound imaging screenings, advanced blood work, extensive physical exam, cardiopulmonary testing, and medically related fitness evaluations with a foundation in patient education. Our Life Scan ultrasound-aided physical exam has been the cornerstone of our Life Scan Wellness physicals since our onset and the key to our success in the fight against cancer and heart disease.

Life Scan Wellness Centers has the proven experience, knowledge, clinical staffing, equipment, and resources to successfully provide them with an unprecedented public safety health and wellness program and can successfully meet all timelines and performance criteria for the annual and pre-employment physicals.

- The Life Scan Wellness Centers Program is designed exclusively for police and fire departments. Our entire clinical team has extensive knowledge and experience in providing occupational public safety physicals. All Life Scan Wellness Centers clinical team members are experienced in all aspects of the scope of services and the Life Scan Wellness Program including NFPA 1582, NFPA 1583, FDLE, OSHA Respiratory Standard, The WFI Initiatives, and the integration of our Life Scan Wellness Centers Ultrasound-aided physical exam.
- The Life Scan Wellness Centers' licensed health practitioner (LHCP) designated for the City of Clearwater public safety physicals will be a Florida licensed APRN (Advanced Practice Registered Nurse) under the collaboration of Anthony Capasso, M.D., Medical Director.
- All Life Scan Wellness Centers' employees are full-time, directly employees and are extensively trained and experienced in public safety annual and candidate physicals. The Life Scan Wellness Centers APRN will be on-site at the City of Clearwater location to conduct the physical exam, vision, audiometry, and oversee all aspects of the program. They also provide their patients with same day consultation for review of results and recommendations. Each APRN is fully trained and has extensive experience in occupational public safety physicals. They have a thorough knowledge of job-related activities, the physical demands and mental stresses of these occupations. They understand the various job analysis and receive annual training on matters relating to public safety service.
- Life Scan Wellness Centers has multiple clinical/fitness teams that can undertake a range of differing projects. The clinical/fitness staff members that will be assigned to the city of Clearwater have extensive experience with Life Scan Wellness Centers in similar projects with over 450 fire departments and law enforcement agencies in the United States caring for over 40,000 first responders and are fully trained in all aspects of the Life Scan Wellness Centers Program and the Scope of Work.

- Life Scan Wellness Centers has the experience and expertise with government entities, public safety agencies, and in the firefighter and police physicals to understand the applicable laws or regulations that relate to the project and to provide oversight and management to ensure that the plans and specifications are being complied with and the Scope of Work are being properly provided.
- As demonstrated by our references, we have been extremely successful in providing our contracted agencies with a program that not only meets, but exceeds their expectations, as well as proven to be an outstanding wellness benefit, increase internal morale, and helps to ensure the long-term health, longevity and mental wellbeing of their personnel.
- Life Scan Wellness Centers has met or exceeded the expectations of every contract and project including budgetary goals, timetables, and quality control objectives.
- We have state-of-the-art medical equipment for the project with all clinical specialists fully trained in their use, function, and normal/abnormal ranges for expert consultation. We will continuously work with the City of Clearwater to further improve your program and to meet health and fitness needs of your personnel. Medical technology is a dynamic industry with new advances in medical screenings introduced each year. When appropriate for your program, we will make these new tests available to your department at reasonable costs.

## **IMPLEMENTATION AND SCHEDULING**

**Phase 1:** Conference Call: Life Scan Wellness Centers' project management teams.

1. Discuss program components and requirements.
2. Determine space requirements and coordinate on-site programs
  - a. 3-4 Rooms to accommodate the following components:
    - Physical exam
    - Audiometry testing area with minimal noise
    - Cardiopulmonary/Fitness evaluations
    - Ultrasound Exams
3. Plan timeline.
4. Review and approve Patient Packet.
5. Review and approve blood draw program and LabCorp requisitions.
6. Review and approve reporting system.

**Phase 2:** Schedule dates for annual physicals.

1. Annual Firefighter Physicals: 196 firefighter physicals = 21 days +/- required  
 Nine patients per day at three intervals of three patients each:
  - Example: 3 @ 8:00 am, 3 @ 11:00 am, and 3 @ 2:00 pm.
  - Start time will be determined by the City of Clearwater
  - Each physical exam will require approximately 3 hours.
  - Three (3) patients will rotate between the three (3) components of the physical (ultrasound, Physical, and cardiopulmonary/fitness).
2. Annual Police Physicals: 252 police physicals = 28 days +/- required  
 Nine patients per day at three intervals of three patients each:
  - Example: 3 @ 8:00 am, 3 @ 11:00 am, and 3 @ 2:00 pm.
  - Start time will be determined by the City of Clearwater



- Each physical exam will require approximately 3 hours.
- Three (3) patients will rotate between the three (3)
- components of the physical (ultrasound, Physical,
- and cardiopulmonary/fitness).

3. Police and Firefighter Pre-Employment Physicals

- a. Schedule as needed at Life Scan Wellness Center location in Pinellas County

**Phase 3:** Blood Draws (2-5 weeks prior to physicals)

**Phase 4:** Life Scan Wellness Physicals

**Phase 5.** Reporting per the City of Clearwater requirements.

## **LOCATION OPTIONS:**

### **ON-SITE or LIFE SCAN WELLNESS CENTER CLINIC IN PINELLAS COUNTY**

- Life Scan Wellness Centers has the capability, experience, and equipment to provide on-site physical exams at on -site location(s) provided by the City of Clearwater.
- Set-up, equipment, and associated costs will be the responsibility of Life Scan Wellness Centers.
- On-site location, space, treadmill, and overhead will be provided by the City of Clearwater.
- Scheduling of public safety physicals will be coordinated between the City of Clearwater and Life Scan Wellness Centers Project Manager.
- Life Scan Wellness Centers' equipment maintenance will be performed by Life Scan Wellness Centers and will be kept clean and sanitized. All equipment will be kept in optimal working order or repaired/replaced within a reasonable time frame. Life Scan Wellness Centers maintains backup of all equipment as well as service contracts to ensure timely replacement as needed.
- Life Scan Wellness Centers has the proven capability of providing physicals on-site at locations(s) provided by the City of Clearwater or at the Life Scan Wellness Center located in Pinellas County.
- Equipment: All equipment used for the Life Scan Wellness Program is state of the art and owned by Life Scan Wellness Centers. The equipment is portable and easily set up by the Life Scan Wellness Centers' staff.
- Life Scan Wellness Centers will bring portable exam tables as well as all the equipment necessary to completely provide the comprehensive medial and fitness exams.
  - a. Ultrasound Units: Terason, made in the USA
  - b. EKG/Stress Units: Welch Allyn, Laptop computer based
  - c. Treadmill: Provided by the City of Clearwater when on-site at the City's location(s).
  - d. Audiometry Equipment: Welch Allyn audiometer (soundproof booth not included)
  - e. Occupational Vision: Titmus
  - f. Otoscope/Ophthalmoscope: Welch Allyn

## **LIFE SCAN WELLNESS CENTERS**

### **COMPREHENSIVE QUALITY ASSURANCE, REPORTING, AND SECURITY POLICY**

**The Life Scan Wellness Centers Comprehensive Safety and Security Policy is a safety and security management plan designed to maintain a safe environment free of hazards and reduce risk of injuries for patients and employees**

- a. Process for employee safety and security:
  - 1. New employee orientation and education program and annual recurrent training that address Safety Procedures:
    - i. Blood borne pathogen policy
    - ii. Biohazard waste policy
    - iii. Equipment
- b. Process and procedures for facilities and equipment security
  - 1. Life Scan Wellness Centers will coordinate with the on-site facility manager to determine what the City of Clearwater procedures and processes are for specific site as well as best manner to secure equipment during program.
- c. Emergency Preparedness Plan
  - 1. Life Scan Wellness Centers will coordinate with the on-site facility manager to determine what City of Clearwater procedures and process are for the specific site.
- d. Safety Equipment
  - 1. Life Scan Wellness Centers routinely maintains and tests all equipment. Any equipment utilized will be tested prior to program start on-site.
- e. Reporting to Risk Management regarding accidents and/or damages.
  - 1. Life Scan Wellness Centers management will receive any accident and or damage reports and report them directly to the Life Scan Wellness Centers and the City of Clearwater.
- f. Records Confidentiality and Security
  - 1. Life Scan Wellness Centers maintains patient records on a secure facility at the corporate office with access limited to authorized Life Scan Wellness Centers' employees.
  - 2. Life Scan Wellness Centers stores all patient records in a secure facility in their corporate office with access limited to authorized Life Scan Wellness Centers' employees.
  - 3. Life Scan Wellness Centers follows all HIPPA, State, and local guidelines regarding patient confidentiality and will review the process with the City of Clearwater prior to scheduling.
  - 4. Incumbent police and firefighters will receive a copy of their personal physical exam results on the day of their physical exam and will have access to records when requested.

## **TAB 5: LOCATION OPTIONS**

### **ANNUAL Physicals for Police and Fire**

#### **Life Scan has two options available to the City of Clearwater:**

1. On-site at location(s) provided by the City of Clearwater.
  - a. Hours to meet the needs of the City
2. Life Scan Wellness Center in Pinellas County:  
11200 Seminole Blvd. Suite 100  
Largo, Florida 33772  
Monday – Friday, 8:30 am to 5:00 pm  
(727) 258-4818

### **PRE-EMPLOYMENT Physicals for Police and Fire**

#### **Life Scan Wellness Center in Pinellas County:**

11200 Seminole Blvd. Suite 100  
Largo, Florida 33772  
Monday – Friday, 8:30 am to 5:00 pm  
(727) 258-4818

## TAB 6: REFERENCES

### CITY OF ST. PETERSBURG

St. Petersburg Fire Rescue and St. Petersburg Police Department

Contact: Fire Chief James Large

Phone: (727) 893-7694

Email: James.Large@stpete.org

**Number of ANNUAL Physicals:** 335 SPFR and 150 SPPD

**Performance Period:** 2008 to present, RFP Awarded Contract

**Locations:** On-site at location provided by the City with post offer and police physicals at the Life Scan Wellness Center in Pinellas County.

**Services:** Annual and Post Offer Physicals

**Services Provided:** Life Scan Annual Public Safety Physicals:

- NFPA 1582 Firefighter Physicals
- FDLE Police Physicals
- NFPA 1583 Fitness Evaluations
- Life Scan Ultrasound Screenings for Cancer, Heart and Vascular Disease
- Advanced Cancer and Cardiovascular Disease Blood Markers
- Behavioral and Mental Health Assessments
- Back Health Assessments
- Sleep Disorder Assessment
- IAFF/IAFC Wellness Fitness Initiative
- Hazmat Physicals
- OSHA Respiratory Protection 1910.134, Questionnaire
- Annual Medical Clearances and Fit for Duty
- Infectious Disease testing and vaccines

### CITY OF JACKSONVILLE, FLORIDA

Jacksonville Sheriff's Office

Contact: Director Lawrence Schmitt

Phone: (904) 630-2134

Email: Lawrence.Schmitt@jaxsheriff.org

**Number of Annual Physicals:** 2300 JSO

**Performance Period:** 2001-Present, RFP Award Contract

**Services Provided:** Life Scan Annual Public Safety Physicals:

- NFPA 1582 Firefighter Physicals
- FDLE Police Physicals
- NFPA 1583 Fitness Evaluations
- Life Scan Ultrasound Screenings for Cancer, Heart and Vascular Disease
- Advanced Cancer and Cardiovascular Disease Blood Markers
- Behavioral and Mental Health Assessments
- Back Health Assessments
- Sleep Disorder Assessment
- IAFF/IAFC Wellness Fitness Initiative

- Hazmat Physicals
- OSHA Respiratory Protection 1910.134, Questionnaire
- Wellness Physicals
- Infectious Disease testing and vaccines

## **BROWARD SHERIFF'S DEPARTMENT FIRE RESCUE, FLORIDA**

Broward Fire Rescue

Contact: Deputy Chief of Operations, Timothy Keefe

Phone (954)658)5465

Email: timothy\_keefe@sheriff.org

**Number of ANNUAL Physicals:** 930 Firefighter Physicals

**Performance Period:** 2012 to Present (RFP Awarded Contract, AFG Grant

**Services Provided:** Life Scan Annual Public Safety Physicals:

- NFPA 1582 Firefighter Physicals
- FDLE Police Physicals
- NFPA 1583 Fitness Evaluations
- Life Scan Ultrasound Screenings for Cancer, Heart and Vascular Disease
- Advanced Cancer and Cardiovascular Disease Blood Markers
- Behavioral and Mental Health Assessments
- Back Health Assessments
- Sleep Disorder Assessment
- IAFF/IAFC Wellness Fitness Initiative
- Hazmat Physicals
- OSHA Respiratory Protection 1910.134, Questionnaire
- Infectious Disease testing and vaccines

## **FLORIDA STATE FIRE MARSHALS**

Contact: Julius Halas, Director of Florida Division of State Fire Marshals

Phone: (850) 413-3612

Email: Julius.Halas@mycfo.com

**Performance Period:** 2014 to Present, Mandatory Physicals for all deputies

**Services Provided:** Life Scan Annual Public Safety Physicals:

- NFPA 1582 Firefighter Physicals
- NFPA 1583 Fitness Evaluations
- Life Scan Ultrasound Screenings for Cancer, Heart and Vascular Disease
- Advanced Cancer and Cardiovascular Disease Blood Markers
- Behavioral and Mental Health Assessments
- Back Health Assessments
- Sleep Disorder Assessment
- IAFF/IAFC Wellness Fitness Initiative
- Hazmat Physicals
- OSHA Respiratory Protection 1910.134, Questionnaire
- Annual Medical Clearances and Fit for Duty
- Infectious Disease testing and vaccines

## EXCEPTIONS / ADDITIONAL MATERIAL / ADDENDA

Proposers shall indicate any and all exceptions taken to the provisions or specifications in this solicitation document. Exceptions that surface elsewhere and that do not also appear under this section shall be considered invalid and void and of no contractual significance.

**Exceptions (mark one):**

**\*\*Special Note – Any material exceptions taken to the City's Terms and Conditions may render a Proposal non-responsive.**

☒ No exceptions  
☐ Exceptions taken (describe--attach additional pages if needed)

Fire and Police Fire Physicals Only

**Additional Materials submitted (mark one):**

☒ No additional materials have been included with this proposal  
☐ Additional Materials attached (describe--attach additional pages if needed)  
     Brochure

**Acknowledgement of addenda issued for this solicitation:**

Prior to submitting a response to this solicitation, it is the vendor's responsibility to confirm if any addenda have been issued.

Addenda Number	Initial to acknowledge receipt


Life Extension Clinics, Inc. D/B/A Life Scan Wellness Centers  
 Vendor Name \_\_\_\_\_ Date: 9/01/2020

## SCRUTINIZED COMPANIES FORMS

### **SCRUTINIZED COMPANIES THAT BOYCOTT ISRAEL LIST CERTIFICATION FORM** **THIS FORM MUST BE COMPLETED AND SUBMITTED WITH THE BID/PROPOSAL.** **FAILURE TO SUBMIT THIS FORM AS REQUIRED MAY DEEM YOUR SUBMITTAL** **NONRESPONSIVE.**

The affiant, by virtue of the signature below, certifies that:

1. The vendor, company, individual, principal, subsidiary, affiliate, or owner is aware of the requirements of section 287.135, Florida Statutes, regarding companies on the Scrutinized Companies that Boycott Israel List, or engaged in a boycott of Israel; and
2. The vendor, company, individual, principal, subsidiary, affiliate, or owner is eligible to participate in this solicitation and is not listed on the Scrutinized Companies that Boycott Israel List, or engaged in a boycott of Israel; and
3. "Boycott Israel" or "boycott of Israel" means refusing to deal, terminating business activities, or taking other actions to limit commercial relations with Israel, or persons or entities doing business in Israel or in Israeli-controlled territories, in a discriminatory manner. A statement by a company that it is participating in a boycott of Israel, or that it has initiated a boycott in response to a request for a boycott of Israel or in compliance with, or in furtherance of, calls for a boycott of Israel, may be considered as evidence that a company is participating in a boycott of Israel; and
4. If awarded the Contract (or Agreement), the vendor, company, individual, principal, subsidiary, affiliate, or owner will immediately notify the City of Clearwater in writing, no later than five (5) calendar days after any of its principals are placed on the Scrutinized Companies that Boycott Israel List, or engaged in a boycott of Israel.



Authorized Signature

Patricia Johnson

Printed Name

CEO

Title

Life Extension Clinics, Inc.

Name of Entity/Corporation

STATE OF FL

COUNTY OF Hillsborough

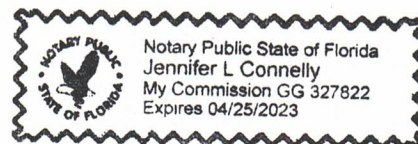
The foregoing instrument was acknowledged before me by means of ☐ physical presence or ☒ online notarization on, this 16th day of September, 2020, by Patricia Johnson (name of person whose signature is being notarized) as the CEO (title) of Life Extension Clinics, Inc. (name of corporation/entity), personally known ☒, or produced \_\_\_\_\_ (type of identification) as identification, and who did/did not take an oath.

  
Notary Public

Printed Name

Jennifer Connelly

My Commission Expires: 04/25/2023  
NOTARY SEAL ABOVE





## SCRUTINIZED COMPANIES FORMS

### SCRUTINIZED COMPANIES AND BUSINESS OPERATIONS WITH CUBA AND SYRIA CERTIFICATION FORM

**IF YOUR BID/PROPOSAL IS \$1,000,000 OR MORE, THIS FORM MUST BE COMPLETED AND SUBMITTED WITH THE BID/PROPOSAL. FAILURE TO SUBMIT THIS FORM AS REQUIRED MAY DEEM YOUR SUBMITTAL NONRESPONSIVE.**

The affiant, by virtue of the signature below, certifies that:

1. The vendor, company, individual, principal, subsidiary, affiliate, or owner is aware of the requirements of section 287.135, Florida Statutes, regarding companies on the Scrutinized Companies with Activities in Sudan List, the Scrutinized Companies with Activities in the Iran Petroleum Energy Sector List, or engaging in business operations in Cuba and Syria; and
2. The vendor, company, individual, principal, subsidiary, affiliate, or owner is eligible to participate in this solicitation and is not listed on either the Scrutinized Companies with Activities in Sudan List, the Scrutinized Companies with Activities in the Iran Petroleum Sector List, or engaged in business operations in Cuba and Syria; and
3. Business Operations means, for purposes specifically related to Cuba or Syria, engaging in commerce in any form in Cuba or Syria, including, but not limited to, acquiring, developing, maintaining, owning, selling, possessing, leasing or operating equipment, facilities, personnel, products, services, personal property, real property, military equipment, or any other apparatus of business or commerce; and
4. If awarded the Contract (or Agreement), the vendor, company, individual, principal, subsidiary, affiliate, or owner will immediately notify the City of Clearwater in writing, no later than five (5) calendar days after any of its principals are placed on the Scrutinized Companies with Activities in Sudan List, the Scrutinized Companies with Activities in the Iran Petroleum Sector List, or engaged in business operations in Cuba and Syria.

  
\_\_\_\_\_  
Authorized Signature

Patricia Johnson

\_\_\_\_\_  
Printed Name

CEO

\_\_\_\_\_  
Title

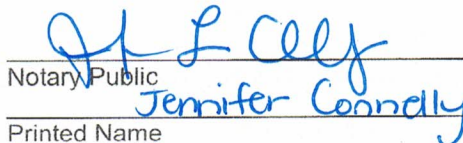
Life Extension Clinics, Inc.

\_\_\_\_\_  
Name of Entity/Corporation

STATE OF FL

COUNTY OF Hillsborough

The foregoing instrument was acknowledged before me by means of ☐ physical presence or ☒ online notarization on, this 16th day of September, 2020, by Patricia Johnson (name of person whose signature is being notarized) as the CEO (title) of Life Extension Clinics, Inc. (name of corporation/entity), personally known ☒, or produced \_\_\_\_\_ (type of identification) as identification, and who did/did not take an oath.

  
\_\_\_\_\_  
Notary Public  
Jennifer Connelly  
\_\_\_\_\_  
Printed Name

My Commission Expires: 04/25/2023  
NOTARY SEAL ABOVE





## VENDOR INFORMATION

Company Legal/Corporate Name: Life Extension Clinics, Inc.

Doing Business As (if different than above): Life Scan Wellness Centers

Address: 1011 North MacDill Avenue

City: Tampa State: FL Zip: 33607

Phone: 813-876-0625 Fax: 813-876-0653

E-Mail Address: Patricia.Johnson@lifescanwellness.com Website: www.Lifescanwellness.com

DUNS # 59-3503228

Remit to Address (if different than above):

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Order from Address (if different from above):

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Contact for Questions about this proposal:

Name: Patricia Johnson

Phone: 813-876-0625

Fax: 813-876-0653

E-Mail Address: \_\_\_\_\_

Day-to-Day Project Contact (if awarded):

Name: Jennifer Connelly

Phone: 813-876-0625

Fax: 813-876-0653

E-Mail Address: jennifer.connelly@lifescanwellness.com

☐ Certified Small Business

Certifying Agency: \_\_\_\_\_

☐ Certified Minority, Woman or Disadvantaged Business Enterprise

Certifying Agency: \_\_\_\_\_

## VENDOR CERTIFICATION OF PROPOSAL

**By signing and submitting this Proposal, the Vendor certifies that:**

- a) It is under no legal prohibition to contract with the City of Clearwater.
- b) It has read, understands, and is in compliance with the specifications, terms and conditions stated herein, as well as its attachments, and any referenced documents.
- c) It has no known, undisclosed conflicts of interest.
- d) The prices offered were independently developed without consultation or collusion with any of the other respondents or potential respondents or any other anti-competitive practices.
- e) No offer of gifts, payments or other consideration were made to any City employee, officer, elected official, or consultant who has or may have had a role in the procurement process for the services and or goods/materials covered by this contract.
- f) It understands the City of Clearwater may copy all parts of this response, including without limitation any documents and/or materials copyrighted by the respondent, for internal use in evaluating respondent's offer, or in response to a public records request under Florida's public records law (F.S. 119) or other applicable law, subpoena, or other judicial process.
- g) Respondent hereby warrants to the City that the respondent and each of its subcontractors ("Subcontractors") will comply with, and are contractually obligated to comply with, all Federal Immigration laws and regulations that relate to their employees.
- h) Respondent certifies that they are not in violation of section 6(j) of the Federal Export Administration Act and not debarred by any Federal or public agency.
- i) It will provide the materials or services specified in compliance with all Federal, State, and Local Statutes and Rules if awarded by the City.
- j) It is current in all obligations due to the City.
- k) It will accept such terms and conditions in a resulting contract if awarded by the City.
- l) The signatory is an officer or duly authorized agent of the respondent with full power and authority to submit binding offers for the goods or services as specified herein.

**ACCEPTED AND AGREED TO:**

Company Name: Life Extension Clinics, Inc.

Signature: Patricia Johnson

Printed Name: Patricia Johnson

Title: CEO

Date: 9/16/2020



## Request for Taxpayer Identification Number and Certification

Give Form to the  
requester. Do not  
send to the IRS.

► Go to [www.irs.gov/FormW9](http://www.irs.gov/FormW9) for instructions and the latest information.

Print or type.  
See Specific Instructions on page 3.

1 Name (as shown on your income tax return). Name is required on this line; do not leave this line blank. Life Extension Clinics, Inc.	
2 Business name/disregarded entity name, if different from above Life Scan Wellness Centers	
3 Check appropriate box for federal tax classification of the person whose name is entered on line 1. Check only <b>one</b> of the following seven boxes.  <input type="checkbox"/> Individual/sole proprietor or single-member LLC <input type="checkbox"/> Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=Partnership) ► _____ <b>Note:</b> Check the appropriate box in the line above for the tax classification of the single-member owner. Do not check LLC if the LLC is classified as a single-member LLC that is disregarded from the owner unless the owner of the LLC is another LLC that is <b>not</b> disregarded from the owner for U.S. federal tax purposes. Otherwise, a single-member LLC that is disregarded from the owner should check the appropriate box for the tax classification of its owner. <input type="checkbox"/> Other (see instructions) ► _____	4 Exemptions (codes apply only to certain entities, not individuals; see instructions on page 3):  Exempt payee code (if any) _____  Exemption from FATCA reporting code (if any) _____  <small>(Applies to accounts maintained outside the U.S.)</small>
5 Address (number, street, and apt. or suite no.) See instructions. 1011 North MacDill Avenue	Requester's name and address (optional)
6 City, state, and ZIP code Tampa, FL 33607	
7 List account number(s) here (optional)	

### Part I Taxpayer Identification Number (TIN)

Enter your TIN in the appropriate box. The TIN provided must match the name given on line 1 to avoid backup withholding. For individuals, this is generally your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the instructions for Part I, later. For other entities, it is your employer identification number (EIN). If you do not have a number, see *How to get a TIN*, later.

**Note:** If the account is in more than one name, see the instructions for line 1. Also see *What Name and Number To Give the Requester* for guidelines on whose number to enter.

Social security number									
				-			-		
or									
Employer identification number									
59				-	3	5	3	0	228

### Part II Certification

Under penalties of perjury, I certify that:

- The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me); and
- I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding; and
- I am a U.S. citizen or other U.S. person (defined below); and
- The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.

**Certification instructions.** You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions for Part II, later.

Sign Here	Signature of U.S. person ► 	Date ► 1/1/2020
-----------	--	-----------------

### General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

**Future developments.** For the latest information about developments related to Form W-9 and its instructions, such as legislation enacted after they were published, go to [www.irs.gov/FormW9](http://www.irs.gov/FormW9).

### Purpose of Form

An individual or entity (Form W-9 requester) who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) which may be your social security number (SSN), individual taxpayer identification number (ITIN), adoption taxpayer identification number (ATIN), or employer identification number (EIN), to report on an information return the amount paid to you, or other amount reportable on an information return. Examples of information returns include, but are not limited to, the following.

- Form 1099-INT (interest earned or paid)

- Form 1099-DIV (dividends, including those from stocks or mutual funds)
- Form 1099-MISC (various types of income, prizes, awards, or gross proceeds)
- Form 1099-B (stock or mutual fund sales and certain other transactions by brokers)
- Form 1099-S (proceeds from real estate transactions)
- Form 1099-K (merchant card and third party network transactions)
- Form 1098 (home mortgage interest), 1098-E (student loan interest), 1098-T (tuition)
- Form 1099-C (canceled debt)
- Form 1099-A (acquisition or abandonment of secured property)

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN.

If you do not return Form W-9 to the requester with a TIN, you might be subject to backup withholding. See What is backup withholding, later.



# CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)

09/16/2020

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

**IMPORTANT:** If the certificate holder is an ADDITIONAL INSURED, the policy(ies) must be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on this certificate does not confer rights to the certificate holder in lieu of such endorsement(s).

<b>PRODUCER</b> O. E. Wilson Insurance, Inc. 1475 Belcher Rd S Largo FL 33771		<b>CONTACT NAME:</b> Cinda Groves <b>PHONE (A/C, No, Ext):</b> (727) 535-0524 <b>E-MAIL ADDRESS:</b> cinda@oewilson.com <b>FAX (A/C, No):</b> (727) 536-9828	
		<b>INSURER(S) AFFORDING COVERAGE</b>	
		<b>INSURER A:</b> Auto-Owners Insurance Company	
		<b>INSURER B:</b> Admiral Insurance Company	
		<b>INSURER C:</b> Transportation Insurance Company	
		<b>INSURER D:</b>	
		<b>INSURER E:</b>	
		<b>INSURER F:</b>	

**COVERAGES** **CERTIFICATE NUMBER:** **REVISION NUMBER:**

THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR LTR	TYPE OF INSURANCE	ADDL INSD	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS
A	<input checked="" type="checkbox"/> COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS-MADE <input checked="" type="checkbox"/> OCCUR  GEN'L AGGREGATE LIMIT APPLIES PER: <input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC OTHER:	X	X	062312-20690745	11/10/2019	11/10/2020	EACH OCCURRENCE \$1,000,000 DAMAGE TO RENTED PREMISES (Ea occurrence) \$100,000 MED EXP (Any one person) \$10,000 PERSONAL & ADV INJURY \$1,000,000 GENERAL AGGREGATE \$2,000,000 PRODUCTS - COMP/OP AGG \$2,000,000
A	<input checked="" type="checkbox"/> AUTOMOBILE LIABILITY <input type="checkbox"/> ANY AUTO <input type="checkbox"/> ALL OWNED AUTOS <input checked="" type="checkbox"/> HIRED AUTOS <input type="checkbox"/> SCHEDULED AUTOS <input checked="" type="checkbox"/> NON-OWNED AUTOS	X	X	4159162800	09/18/2020	09/18/2021	COMBINED SINGLE LIMIT (Ea accident) \$1,000,000 BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$
A	<input checked="" type="checkbox"/> UMBRELLA LIAB <input checked="" type="checkbox"/> OCCUR <input type="checkbox"/> EXCESS LIAB <input type="checkbox"/> CLAIMS-MADE DED RETENTION \$	X	X	41-591-628-01	11/10/2019	11/10/2020	EACH OCCURRENCE \$1,000,000 AGGREGATE \$1,000,000
C	WORKERS COMPENSATION AND EMPLOYERS' LIABILITY ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? (Mandatory in NH) If yes, describe under DESCRIPTION OF OPERATIONS below	Y/N <input checked="" type="checkbox"/> N	N/A	WC 6 56600287	11/29/2019	11/29/2020	<input checked="" type="checkbox"/> PER STATUTE <input type="checkbox"/> OTH-ER E.L. EACH ACCIDENT \$1,000,000 E.L. DISEASE - EA EMPLOYEE \$1,000,000 E.L. DISEASE - POLICY LIMIT \$1,000,000
B	Medical Professional Liability Retroactive Date: 5/31/2001			EO000037691-04	05/31/2020	05/31/2021	2,000,000 Aggregate 2,000,000 Each Claim

DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (ACORD 101, Additional Remarks Schedule, may be attached if more space is required)

Certificate holder is additional insured on the general liability and auto liability with respect to work performed by the insured.

Medical Professional Liability Additional Coverages:

Sexual Abuse \$1,000,000 Each Claim/\$1,000,000 Aggregate

Network Security & Data Privacy Liability \$1,000,000 Each Claim/\$1,000,000 Aggregate

**CERTIFICATE HOLDER**

**CANCELLATION**

City of Clearwater  
100 S Myrtle Ave Room 210

Clearwater, FL 33756  
Phone: (727)562-4567

SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.

AUTHORIZED REPRESENTATIVE

*Dany I Wilson* <sup><SK></sup>

© 1988-2014 ACORD CORPORATION. All rights reserved.