

SIGMA Tactical
Wellness



LAW ENFORCEMENT HEALTH INITIATIVE

OVERVIEW

Sigma Tactical Wellness was designed to provide individual strategies to improve the status of health across the law-enforcement community. Over the last year, Sigma has not only documented dramatic improvements in personnel health, but has also been directly involved in multiple life-saving diagnoses of officers both young and old. Ranging from malignant hypertension, diabetes, and heart disease, Sigma has been instrumental in creating proactive health solutions for officers to circumvent the potentially disastrous health related side-effects of a career in law-enforcement.

As a consequence of the significant changes seen in sworn officers, many departments have opened up participation to civilian personnel – some of which have even paid for the program out of pocket on behalf of spouses and other family members whom have expressed a desire to participate.

SIGNIFICANT RISK REDUCTION

Based on current statistics, the average number of pension payments paid to an officer upon retirement is “18”. That means that after a 30 year career in law-enforcement, the average life expectancy for an officer is less than two years. While there are many “root-cause” contributors to this shocking statistic, heart disease is the leading (direct) cause of many catastrophic issues responsible for prematurely shortening the lives of on-duty and retired officers. Sigma Tactical Wellness has designed a state of the art screening process including electrocardiogram, advanced lipid analysis, and cardiometabolic testing to ensure that any and all threats to cardiac health are identified and managed before the circumstance becomes dire.

Based on feedback from our patients, Sigma has also been responsible for dramatic weight reductions, documenting as much as 30-40lb losses in some individuals. Sigma has also documented reductions in the abuse of stimulants (such as energy shots and caffeinated beverages) and cessation in alcohol consumption and tobacco use.



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I CONSIDER THIS PROGRAM VITAL TO OUR POLICE DEPARTMENT. THIS PROGRAM WILL, NO DOUBT, CUT DOWN ON INJURIES, SICK TIME USAGE, AND PUT MY OFFICERS IN A POSITION TO MAKE BETTER SPLIT-SECOND DECISIONS.

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COMMANDER CRAIG BETTIS
*Vail Police Department
Vail, Colorado*

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IMPROVEMENTS IN QUALITY OF LIFE

Based on our feedback from our patients, Sigma has also been responsible for dramatic weight reductions, documenting as much as 30-40lb losses in some individuals. Reductions in the abuse of stimulants (such as energy shots and caffeinated beverages), and cessation in alcohol consumption and tobacco use. This has resulted in officers reporting more energy, greater situational awareness (with a reduction in use-of-force issues), and general improvement in on-duty performance.

5.8% loss in body mass
Individuals < BMI=40

7.51% loss in body mass
Individuals < BMI=40

21% reduction in cholesterol
Without the use of medications

Complete rehabilitation from hypertension
Even when the officer presented with malignant hypertension: BP > 185/110

Estimated \$25:1 return on investment
Based on reduction in worker's comp claims expense and sick day usage

Average age of patient with heart attack

Law Enforcement:	49 Years
Civilian:	65 Years

Heart attacks under the age of 45

Law Enforcement:	45%
Civilian:	7%

Average life expectancy

Law Enforcement:	57 years
Civilian:	79 years



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MY LIFE WAS SAVED BY YOUR GROUP AND THE SCREENING YOU PROVIDED. I WANT TO THANK YOU FOR SAVING MY LIFE AND PROVIDING CARDIAC AND METABOLIC SCREENING TO MY EMPLOYEES. I'VE NOW BECOME A PREACHER OF SORTS FOR CARDIAC SCREENING.

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CHIEF CHARLES CINQUEMANI
*Chief, DFW Airport Police
Dallas, Texas*

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Lives Saved

A 42 Year-old officer with malignant hypertension (215/135mmhg) – required immediate hospital stay and avoidance of myocardial infarction – returned to duty the following day. The attending physician told the patient he was 36 hours away from a heart attach.

A Police chief participated in our program and was referred to a cardiologist after a positive EKG, high calcium score, and high cardiac inflammation. Found 85% blockage in main coronary vessel. Underwent emergency quadruple bi-pass surgery.

A 25 Year-old officer had extremely high white blood cell count and was referred to primary care doc for follow-up. Two days later, he was diagnosed with myeloid leukemia. Because he was diagnosed so early, he has 99% chance of survival.

VALUE OF WEIGHT OPTIMIZATION

So far, Sigma has documented an average loss of 5.8% body mass for overweight individuals and a 7.51% decrease for obese individuals within the first six months of program adherence. Based upon calculations from the 2015 Society of Actuaries, that is a potential cost savings of \$5.65 million dollars over one year in reduced worker's comp claims expense. Assuming only 10% of documented average loss in body weight for a following five years would result in \$14.25 million of additional cost savings (population size - 1000).

Current data represents almost \$25:\$1 return-on-investment without inclusion of documented "life-saves".

VALUE OF EARLY DETECTION

For a population of 1000 police officers, about 500 will have evidence of coronary artery disease, 400-800 will be clinically obese and approximately 300 will have evidence of undiagnosed hypertension and or diabetes. If assuming only 10% of the 500 officers with detected blockages will progress to develop a heart attack within 5 years (low estimate), the total cost to the tax payers ranges between \$20 million to \$40 million dollars. If the cost of untreated obesity is factored in to the five-year cost, there is an additional \$14 million of expenditure (above) associated with overall health care, worker's compensation, and disability cost.

SUMMARY

Sigma Tactical Wellness was designed with one clear mission: To improve the quality of policing through proactive health management. While we cannot make policing less physiologically stressful, we have shown that we can make each officer more adaptable to that stress so that the quality of their work improves, and the quality of their life extends far into their retirement.



THIS IS THE MOST INNOVATIVE LAW ENFORCEMENT HEALTH IMPROVEMENT PROGRAM IN THE RISK MANAGEMENT INDUSTRY IN DECADES. ADDITIONALLY, IT CAN BE USED BY ANY ORGANIZATION TO BETTER ITS EMPLOYEES REGARDLESS OF JOB CLASSIFICATION.

GREG BARLOW
*Senior Risk Manager, CIRSA
Denver, Colorado*



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