



Confidential Memorandum

DATE: June 24, 2019
TO: Steve Dye, Chief of Police
FR: Ronnie Morris, Assistant Chief of Police *RM*
RE: Cardiac Screening for Employees

APPROVED
SCD
7-2-19

In reference to the cardiac screenings we previously discussed, the company is called Sigma Tactical Wellness. Irving Police Department and DFW Airport Police Department have both used this company for their employee screenings. They offer comprehensive cardiac screening services in the amount of \$680 per officer. There is an additional charge of \$65 to complete a calcium score at an offsite doctor's office in Irving which compliments the cardiac screening by providing a clearer picture of the officers overall cardiovascular health and risk of potential cardiac health crisis. This off-site doctor is not associated with Sigma Tactical Wellness, but they did negotiate this price for all law enforcement (and they are a trusted medical provider by Sigma). This \$65 fee can be paid by the employee or we can cover the cost. I recommend the PD cover this cost as well. Based on the below illustrations, cardiac risk information provided by Sigma, I recommend all officers 40 years of age and older be provided these screenings, and then repeat the process every 3-5 years. According to Officer F. Bates, the PD currently has 131 officers who are age 40 and older.

Below is a break of the estimated cost based on officers over the age of 40, both including and excluding the \$65 calcium score fee. I recommend Asset Forfeiture as the funding source.

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%

SIGMA TACTICAL WELLNESS CARDIAC SCREENING

131 police officers X \$680.00 (no calcium score) = \$89,080

131 police officer X \$745 (including calcium score) = \$97,595

Difference \$8,515



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To Whom It Concerns,

Sigma Tactical Wellness has pioneered a new system of cardiac/metabolic screening correlating known risk factors, genetics, and occupational stressors that are characteristic of law-enforcement. Over the last 18mos, we have shown massive potential in eliminating the catastrophic effects of cardiovascular disease amongst first responders.

Sigma Tactical Wellness maintains exclusive rights to any and all intellectual property, methodologies, and care plans associated with services highlighted in this document. There are no other outlets, distributors, or representatives of Sigma Tactical Wellness, and at this time, there are no licensees of products/services designed by Sigma Tactical Wellness.

Our primary points of differentiation along with their brief descriptions of those items are as follows:

Advanced Lipidology/Coronary Calcium:

Sigma Wellness has developed a comprehensive cardiac laboratory screening evaluation along with an individualized nutritional and exercise prescription. The screening consists of non-invasive imaging as well as advanced lipid panel testing to evaluate the early stages of the development of coronary disease and the inflammatory markers (PLA2) that can be used to predict the development of a heart attack. We then perform a cardiopulmonary/EKG exercise stress test on a stationary bicycle. This test measures functional capacity, the presence of any ischemia (lack of blood flow to the heart muscle) and allows us to use indirect calorimetry to develop a personalized diet and exercise component given to the officer at the time of physician consultation.

Metabolic Analysis:

Sigma's unique approach uses Advanced Metabolic Testing (AMP) to assess precise nutritional status of each individual and prescribe key nutritional changes based on that person's individual goals. For law enforcement officers, nutritional status underwrites on-duty performance and can be the deciding factor between a routine arrest and a situation where the officer must rely on the use of excessive force to overpower an assailant, which then places both the officer and assailant at risk for additional harm. Sigma's unique methodology gives each officer a perfect understanding of how to fuel themselves, not only for on-duty performance, but will also lead to increased focus, alertness, less fatigue, and, in general, higher competency to perform the duties required regardless of the situation.

Exercise and Nutritional Modification:

Because the demands of law enforcement are so extreme, studies have shown that each decade of law enforcement effectively doubles each officer's risk for heart attack or stroke. With Sigma's approach, officers are not only shown the effect of their current nutritional status, but they are guided by a licensed professional and taught which lifestyle modifications, based on results from Sigma's metabolic analysis, that are most effective in decreasing BMI, fatigue, and

INDEPENDENT SCOPE OF SERVICES
GRAND PRAIRIE POLICE DEPARTMENT

Active 12-Lead Electrocardiogram (EKG) –

- Conducted on-site, elucidates any abnormal electrical activity in cardiac tissue which could be specific to heart disease:

Costs: \$185.00

Sigma Tactical Wellness Cardiometabolic Test –

- Includes report, follow-up clinician consult, and dietary companion:

Costs: \$190.00

Comprehensive Physician Consult –

- 20min final consult that ties together 12-Lead EKG, optional cardiac calcium score, and advanced lipid profile:

Costs: \$85.00

Advanced Lipid Profile –

- Comprehensive panel including immunology, complete blood count, cardio-inflammatory markers, and lipid NMR.

Costs: \$220.00

TOTAL CHARGES PER SWORN OFFICER : **\$680.00**

****SERVICES TO GPTX SPOUSES OFFERED AT A DISCOUNT OF 18.5%** (\$554.00)**

Quote established on:
MAY 15 2019

Signor: _____
CHARLES BENJAMIN STONE