

Public Safety Wellness Grant



OVERVIEW

The Health Benefits Trust is pleased to offer these grant opportunities to assist members with funding cardiovascular wellness health screenings (mainly for police officers but open to all first responders), and esophageal precancer screenings for firefighters. We're working with two vendors. You may choose from their program offerings depending on your funding.

SIGMA TACTICAL WELLNESS offers two cardiovascular health screening programs:

1. HeartStart program
2. OnSite Full Metabolic Screening program

Why are these opportunities available?

- It can detect early heart disease markers in otherwise fit-appearing police officers as early as age 30.
- Standard population-based risk modeling, most commonly found in other wellness programs often fails to identify those with increased cardiovascular risk.

Goal:

- To reduce the rates of heart attack, obesity, and other metabolic illnesses in first responders so that they can enjoy an enhanced quality of life long into their retirement.

LUCID DIAGNOSTICS offers EsoGuard®, a DNA test for detection of esophageal precancer.

Why is this opportunity available?

- Firefighters are at a 62% higher risk of developing esophageal cancer.
- Esophageal precancer can be successfully treated if identified promptly.

Goal:

- The goal is to identify precancerous changes early and manage them appropriately to give individuals the best chance to prevent cancer.

Who can apply?

Any Health Benefits Trust member group on the health plan may apply. Please note that Dental/Vision only and Medicare plans are not included.

Guidelines and requirements

- Applicants should upload an estimate in the application for the total funds based on the number of employees to be screened (see pricing for the programs).
- The deadline for all submissions is February 6, 2026.
- Grant invoices or payments are due by mid-June 2026.

What may be funded through the Wellness Grant?

(1) HeartStart Program

HeartStart consists of an advanced lipid and biomarker analysis via blood draw. Each participant will be guided through their results by a licensed practitioner via a 20-minute interactive telehealth visit. During this visit, information regarding their heart attack risks will be identified and a treatment plan developed to actively reduce any exposed cardiac risk. A 30-minute visit with a registered dietician to discuss personalized dietary changes, weight optimization, and other nutrition information follows. This program includes:

- Blood draw at a Quest Diagnostics patient service center or on-site*
- Sigma's advanced bio-marker panel, identical to the testing used in Sigma's nationally recognized full on-site screening process
- A 20-minute visit with a Sigma-trained practitioner
- A 30-minute visit with a registered dietician
- Six-month access to Quest Diagnostics' 4myheart® program

\$359 per person

*Quest requires approximately 40 participants to send nurses on-site.

(2) OnSite Full Metabolic Screening Program

This program incorporates blood-based inflammatory biomarker detection, vascular imaging, and cardiopulmonary exercise testing to identify early-onset coronary disease for public safety employees.

This program includes:

- Electrocardiogram (ECG) stress test with physician interpretation and evaluation
- Cardiometabolic testing with expiratory gas analysis to determine contributions of fat and carbohydrate metabolism to total daily energy expenditure (indirect calorimetry)
- Advanced lipid panel including cardiac inflammatory biomarker analysis
- Analysis of hematology, liver and kidney function, thyroid function, and diabetic markers
- Carotid intima-media thickness ultrasound (CIMT) performed and interpreted on-site
- Consultation with a clinician (advanced-practice nurse or physician's assistant)
- Consultation with an exercise physiologist
- In-depth nutritional analysis based on individual results of cardiometabolic testing through Sigma/Quest Diagnostics 4myheart® program
- Aggregated and blinded data report prepared and delivered to command staff
- Six-month access to Quest Diagnostics' 4myheart® program

(2) OnSite Full Metabolic Screening Program (continued)

\$874.00 per person

Contact for HeartStart and Metabolic Screening Programs

Vince Pallozzi, Director of Sales - Eastern Region

phone: 704-751-6430

email: vince@sigmacoaching.com or iamsigma.com

(3) EsoGuard® - Firefighter Esophageal Precancer and Cancer Screening

EsoGuard is a DNA test for detection of esophageal precancer.

The EsoGuard test assesses genes collected non-invasively from the esophagus, during a quick visit. This gives clinicians the ability to detect disease before it progresses to cancer, all without the need for sedation.

\$2,500 per hour (for screening of up to 4 individuals per hour)

Contact

Terri Reese-Steinek

phone: 857-208-0872

email: TAR@LucidDx.com

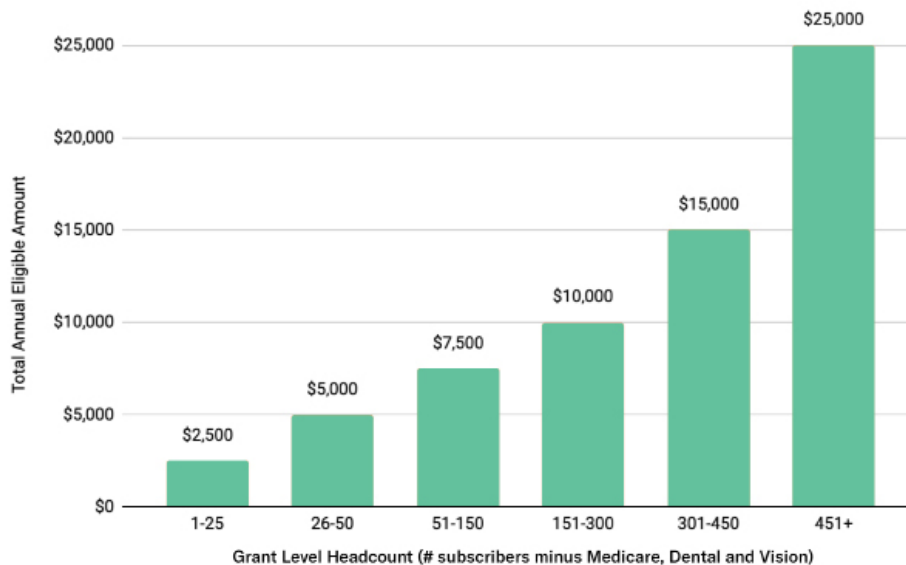
EsoGuard.com

Funding

Funding for these screenings is available on a first-come, first-served basis for the current fiscal year (FY'26: July 1, 2025 – June 30, 2026).

Groups may apply for more than one grant per year, as long as the total amount does not exceed their annual eligible amount. Please refer to the chart. Grant tiers are based on active employee medical plan subscriber headcounts only. Dental/Vision only and Medicare plans are not included.

Grant tiers based on active employee medical plan subscriber headcount



Additional Guidelines

Documentation:

- Applicants should upload an estimate of the total funds based on the number of employees intended to be screened.
- Two signatures are required: Chief Municipal Officer and Chief Procurement Officer attesting that all state and local purchasing regulations and guidelines are followed.

Restrictions:

1. Grants must be within the total eligible amount based on grant level headcount (see chart). Contact your MIIA Health Benefits Trust Wellness Representative to initiate grant discussion.
2. Grants may not be retroactive for an activity completed or in progress, or equipment previously purchased.
3. Grant funds must be used to cover the initial cost of the screening program. We do not pay any subsequent ongoing fees for follow-up testing..
4. Groups may apply for more than one grant per year as long as the dollar amount does not exceed their total annual eligible amount. See grant tiers.
5. Funds will be allocated on a first-come, first-served basis.
6. Leftover funds will not roll over to the next fiscal year.
7. All submissions will be reviewed by the committee before being approved.

Deadlines:

1. The deadline for application submission is February 6, 2026 (subject to fund availability).

The Health Benefits Trust management will confirm receipt of your application. All grant applications will be thoroughly reviewed on a first-come, first-served basis and notification will be sent within 14 business days.
2. The Health Benefits Trust funded portion of the grant projects must be completed and invoices uploaded to the application site by mid-June 2026.

Grant Disbursement Options

Upon application approval, you will receive a unique link to upload all invoices. **Please note: invoices will not be processed unless they have been uploaded to the application site.**

Option 1 The Health Benefits Trust pays vendor directly upon receipt of an uploaded invoice from the member.

Option 2 The Health Benefits Trust will reimburse the member upon receipt of a copy of the front and back of a canceled check and a copy of the vendor invoice.

Please do not upload full credit card numbers.

Please note: The Health Benefits Trust will provide grant or other reimbursements on approval of invoices and supporting evidence of expenditure submitted. Under no circumstances will we provide reimbursement for anyone other than the vendor providing the service or purchase contracted, or the member entity for whom the service or purchase is intended.

A grant submission does not guarantee a grant award.

Questions?

For any questions, please email Jayne Schmitz at jschmitz@mma.org. We look forward to receiving your applications and supporting your initiatives to enhance employee well-being.

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