



Spokane Fire Fighters Benefit Trust

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Administered by
Welfare & Pension Administration Service, Inc.

May 1, 2017

**To: All Active Plan Participants and Non-Medicare Retirees
Spokane Fire Fighters Benefit Trust**

Re: SFFBT Fire Fighter Medical Exam

We are excited to announce that beginning May 1, 2017, the Spokane Fire Fighters Benefit Trust (SFFBT), Local 29 and Spokane Internal Medicine (SIM) have partnered to provide Local 29 members the opportunity to receive a fire fighter centric medical exam at **no cost to you** on either an annual basis or as recommended by your SIM physician. This is available to **all Local 29 members including SAFO and members employed at SIA. In addition non-Medicare eligible retirees participating in the SFFBT health plans may also take advantage of this exam.** We know your risk factors don't end with retirement. Dependents are not eligible at this time.

Our chosen profession places us at higher risk for certain types of cancer, respiratory complications, arthritis, allergic reactions, even depression and probably more that we will continue to understand better over time. We also know that early detection and treatment is critical to addressing these diseases successfully. We operate from a different perspective than a traditional insurance company: we understand that you will be our "client" most of your life. The better we prevent, detect and treat these medical issues the better it is for both your health and for the financial health of the Trust. For this reason, we wanted to create a pathway for all of us that would remove the barriers to receiving both care and treatment.

The SFFBT Trustees have been working on such a pathway with SIM for nearly two years. The goal has been to develop an exam profile that will meet our clinical needs as fire fighters. While we began with the NFPA 1582 as a base, we worked with the IAFF, our MPD, Occupational Medicine Doctors and SIM to fine tune the exam so that it is reflective of the risk burdens to which we are exposed on a regular basis. We have also invested time in discussing the unique nature of our professions with SIM so that they will have a better understanding of how to care for us.

It is also critically important you understand that the exam you receive as well as the results are completely confidential. **Your results will not be shared with the City, the Local, the Trust or anyone else you do not specifically authorize in writing.** Under federal HIPAA laws, SIM can be subject to fines of \$1 million or more per single willful breach. If you have concerns or questions about this, please reach out to one of your SFFBT trustees.

Research shows that having a primary care physician gives better outcomes and at a lower price. For these reasons, we encourage everyone to have a primary care physician that understands you and your risks. We encourage you to transfer your physical results to your doctor, and we will make sure this process is easy for you. If you do not have a primary care physician, SIM is willing to become your primary care provider even though they are often closed to new patients.

Below is a grid which will hopefully answer some of the operational questions on how to schedule the exam and what you should expect before, during and after the exam. As always, we encourage and appreciate your comments and suggestions around how efficient the process was and how you would rate your overall experience with SIM.

Frequently Asked Questions

| Question | Response |
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| How do I make an appointment? | You will contact Kim at SIM either at her direct number (509-789-7940) or email (kimw@spokaneim.com) |
| How long should it be between when I make my appointment and when I am seen? | Generally, your scheduling time is only a couple of weeks out. |
| At what location will my exam happen? | All exams will be done at 1215 N. McDonald Rd, #101. |
| Will I need to get my labs done ahead of my exam? | You will most likely need to get some basic lab work done a few days ahead of your exam. Kim will help you arrange this when you make your appointment. |
| Will I need to fast before my exam? | You will receive those instructions when you schedule your appointment. |
| How will this exam be different than a traditional physical? | This exam is different because it is geared specifically towards fire fighters and your specific risk factors. |
| Will I need to make arrangements for a ride home following my exam? | There should be no reason you can't drive home after your exam. |
| Will I receive any written instructions about the type of exam I am to receive and what my expectations should be? | Kim will either answer your questions at the time when you contact her or follow up with you if she needs to research the answer. |
| Do I have a choice of the provider I will see? | If you already have a relationship with a provider at SIM or would like to request a specific provider, let Kim know when you contact her. She will make every effort to schedule you with your requested provider. |
| Will this exam cost me anything? | The cost of the exam is paid for by the SFFBT. |
| Will I or my primary care physician receive my test results? | Your primary care provider can receive your results only if you authorize it in writing. |
| With whom else will my test results be shared? | No one. SIM, under federal law, may only share your medical information with persons or entities you consent to in writing. |
| Could follow-up testing or care occur based on the results of my exam? | While this would not be typical, in some instances your physician may recommend further testing or refer you to your primary care provider for additional follow up. |
| How can you assure me that my records will be securely stored and that results will never be shared with any person or entity without my written permission? | SIM uses a very high tech electronic medical record system and is fully HIPPA compliant. SIM takes its confidentiality responsibility very seriously. |