

RFP: P-05-18
Health Screening Physicals for
Jacksonville Fire & Rescue Department

Due Date:
Wednesday January 10, 2018 at 2:00 P.M. EST
City of Jacksonville
Procurement Division
Attn: Professional Services Specialist
214 N. Hogan Street
Suite 105
Jacksonville, FL 32202

Submitted By:
LIFE EXTENSION CLINICS, INC.
d/b/a: Life Scan Wellness Centers
1011 North MacDill Avenue
Tampa, Florida 33607
(813) 876-0625
Patricia Johnson, CEO

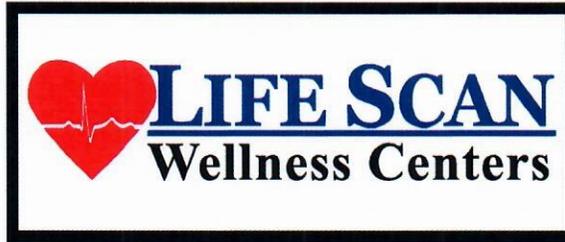


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TAB 1: TITLE PAGE

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TAB 2: COVER LETTER

December 21, 2017

RFP# P-5-18: Health Screening Physicals for JFRD Personnel/Ancillary Personnel
Due Date: Wednesday, January 10, 2018 at 2:00 PM Local Time

Legal Name: Life Extension Clinics, Inc.
DBA: Life Scan Wellness Centers
Incorporated: Florida, August 1998
Corporate Address: 1011 N. MacDill Avenue
Tampa, FL 33607
Federal EIN#: 59-3530228
Local Office: Life Scan Wellness Center for Jacksonville Public Safety
4130 Salisbury Road, Suite 2400
Jacksonville, FL 32216
Authorized Representative: Patricia Johnson, CEO
Phone Numbers: Phone: (813) 876-0625
Fax: (813) 876-0653
Email: Patricia.Johnson@lifescanwellness.com

ADDENDUMS: Life Scan acknowledges receipt of Addendums #s 1

On behalf of Life Scan Wellness Centers, I am pleased to present this response to your request for proposal for P-5-18 Health Screening Physicals for JFRD Personnel/Ancillary Personnel to provide the proposed Project Services according to the Scope of Services.

I acknowledge that (i) this Response is based on the terms set forth in the RFP and all amendments thereto posted on Buyer's website as of the date of the Response, and (ii) that Life Scan (the Contractor) will be responsible for monitoring the Buyer's website for subsequent amendments and for either maintaining, amending, or withdrawing the Response prior to the Response Due Date based on those subsequent amendments.

LIFE SCAN PUBLIC SAFETY PHYSICALS

Life Scan's background is in professional medical services specifically for public safety departments with over nineteen years' experience in the development and implementation of programs for state, municipalities and counties to fit their specific needs. We have recognized the vital importance of combining the key components of health, wellness, and fitness to generate the healthiest, most productive employees.

Life Scan specializes in providing government agencies with public safety physical exams that comply with NFPA 1582, the IAFF/IAFC Wellness Fitness Initiative, OSHA, and FDLE as well as incorporating an advanced level of medical assessments for the early detection of cancer, cardiovascular diseases, and other potentially catastrophic illnesses. Our Life Scan model of "ultrasound-aided physical exams" for Public Safety

Officers has been incorporated into the medical standards for over 200 fire service and law enforcement departments. As a result, we have the proven ability to identify cardiovascular disease, aneurysms, diabetes, and cancer more accurately and in much early-stages in the disease process resulting in substantial cost savings including long-term disability, absenteeism, and health care along with the proven ability for early intervention and saving lives.

Experts consider first responders to be among the most stressful and hazardous of all professions with long-term exposure to toxic materials and infectious disease, high-levels of physical demands, frequent spontaneous fluctuations in blood pressure resulting from the “fight to flight” response, exposure to emotionally devastating events, and the effects of shift work. Studies confirm that the average firefighter and officer has almost three times the incident of heart disease, lung disease, and cancer and dies an average of 12 years before other public employees.

With the ever-increasing occupational medical risks, counties and cities must look towards new methods of prevention and intervention to protect the health and ensure the longevity of their most valuable assets...their employees. Most public safety personnel are aware of the importance of being physically fit, yet many have undetected medical issues or lack the endurance and strength to efficiently perform their jobs, putting themselves, their peers, and citizens at risk.

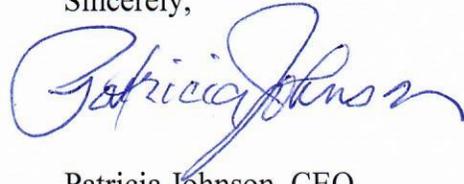
In professions, as demanding and hazardous as firefighting and law enforcement, being medically, physically, and mentally fit will provide your employees with the capability to perform optimally, decrease stress and stress-related health and emotional problems, and greatly reduce the incidence of work related illnesses and injuries.

The Life Scan Public Safety Physical is an integrated medical approach to occupational exams that combines NFPA 1582, OSHA Respirator Medical and Mask Fit Testing, and FDLE physicals with early detection of the 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 health as well as recommendations for achieving and maintaining long-term health, appropriate intervention, behavioral modifications, and methods to reduce health risks. Each Life Scan physical exam follows state and federal guidelines with the added-value benefit of ultrasound imaging assessments of the internal organs and cardiovascular system, more extensive laboratory blood profiles, diet and nutritional analysis, and a state-of-the-art fitness evaluation. A personal wellness plan with these recommendations will be provided along with a copy of the medical and fitness assessments.

The Life Scan Wellness Program also includes a comprehensive fitness evaluation based on NFPA 1583 and the 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. Our physiologists will recommend fitness goals and a Fitness Prescription as well as diet and nutritional improvements.

Life Scan and our medical staffing are experienced and knowledgeable in all aspects of the scope of services. As an on-going program of Health, Wellness, and Fitness, Life Scan will continue to be your 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 Jacksonville Fire Rescue Department.

Sincerely,

A handwritten signature in blue ink that reads "Patricia Johnson". The signature is written in a cursive, flowing style with a large initial "P".

Patricia Johnson, CEO

TAB 3: REQUIRED FORMS

Form 1- Price Sheet

Form 2- Conflict of Interest

Form- Federal Funding Provisions

Form 1 - Price Sheet

NAME OF CONSULTANT LifeExtension Clinics, Inc.

Proposal Number P-05-18

SCHEDULE OF PROPOSED PRICES/RATES

1. Flat Fee (payable upon completion of project or upon completion of listed deliverables):

See Attached Pricing Sheet (pages 19+20)

2. If charges are based on hours worked, the hourly direct labor rates (without Fringe Benefits) are:

Principal (Partner or Senior Officer): \$ _____ hr.

Project Manager (Responsible Professional): \$ _____ hr.

3. Other Direct Project Costs per Unit (please specify)

4. Estimated percentage of total fee to be performed by sub-contractors 0 %

5. Please provide any other relevant rates that may apply to this project including average direct hourly labor rates for other categories of proposed personnel

**FORM 2
CONFLICT OF INTEREST CERTIFICATE**

RFP No. P-05-18

Bidder must execute either Section I or Section II hereunder relative to Florida Statute 112.313(12). Failure to execute either Section may result in rejection of this bid proposal.

SECTION I

I hereby certify that no official or employee of the City or independent agency requiring the goods or services described in these specifications has a material financial interest in this company.

Patricia Johnson
Signature

Life Extension Clinics Inc
Company Name

Patricia Johnson
Name of Official (Type or Print)

1011 N. MacDill Ave
Business Address

Tampa FL 33607
City, State, Zip Code

SECTION II

I hereby certify that the following named City official(s) and employee(s) having material financial interest(s) (in excess of 5%) in this company have filed Conflict of Interest Statements with the Supervisor of Elections, 105 East Monroe Street, Jacksonville, Duval County Florida, prior to bid opening.

Name	Title or Position	Date of Filing
_____	_____	_____
_____	_____	_____

Signature

Company Name

Name of Official (Type or Print)

Business Address

City, State, Zip Code

PUBLIC OFFICIAL DISCLOSURE

Section 126.112 of the Purchasing Code requires that a public official who has a financial interest in a bid or contract make a disclosure at the time that the bid or contract is submitted or at the time that the public official acquires a financial interest in the bid or contract. Please provide disclosure, if applicable, with bid.

Public Official _____

Position Held: _____

Position or Relationship with Bidder: _____

FORM 3
CERTIFICATION REGARDING LOBBYING

Byrd Anti-Lobbying Amendment, 31 U.S.C. § 1352 (as amended)

Contractors who apply or bid for an award of \$100,000 or more shall file the required certification (FORM 3). Each tier certifies to the tier above that it will not and has not used Federal appropriated funds to pay any person or organization for influencing or attempting to influence an officer or employee of any agency, a member of Congress, officer or employee of Congress, or an employee of a member of Congress in connection with obtaining any Federal contract, grant, or any other award covered by 31 U.S.C. § 1352. Each tier shall also disclose any lobbying with non-Federal funds that takes place in connection with obtaining any Federal award. Such disclosures are forwarded from tier to tier up to the recipient.

APPENDIX A, 44 C.F.R. PART 18 - CERTIFICATION REGARDING LOBBYING

Certification for Contracts, Grants, Loans, and Cooperative Agreements

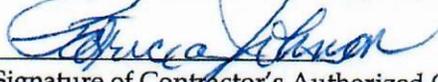
(To be submitted with each bid or offer exceeding \$100,000)

The undersigned [Contractor] certifies, to the best of his or her knowledge, that:

1. No Federal appropriated funds have been paid or will be paid, by or on behalf of the undersigned, to any person for influencing or attempting to influence an officer or employee of an agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with the awarding of any Federal contract, the making of any Federal grant, the making of any Federal loan, the entering into of any cooperative agreement, and the extension, continuation, renewal, amendment, or modification of any Federal contract, grant, loan, or cooperative agreement.
2. If any funds other than Federal appropriated funds have been paid or will be paid to any person for influencing or attempting to influence an officer or employee of any agency, a Member of Congress, an officer or employee of Congress, or an employee of a Member of Congress in connection with this Federal contract, grant, loan, or cooperative agreement, the undersigned shall complete and submit Standard Form-LLL, "Disclosure Form to Report Lobbying," in accordance with its instructions.
3. The undersigned shall require that the language of this certification be included in the award documents for all sub-awards at all tiers (including subcontracts, sub-grants, and contracts under grants, loans, and cooperative agreements) and that all sub-recipients shall certify and disclose accordingly.

This certification is a material representation of fact upon which reliance was placed when this transaction was made or entered into. Submission of this certification is a prerequisite for making or entering into this transaction imposed by 31, U.S.C. § 1352 (as amended by the Lobbying Disclosure Act of 1995). Any person who fails to file the required certification shall be subject to a civil penalty of not less than \$10,000 and not more than \$100,000 for each such failure.

The Contractor, Life Extension Crimes/Inc certifies (or affirms) the truthfulness and accuracy of each statement of its certification and disclosure, if any. In addition, the Contractor understands and agrees that the provisions of 31 U.S.C. § 3801 *et seq.*, apply to this certification and disclosure, if any.


Signature of Contractor's Authorized Official

Patricia Johnson, CEO
Name and Title of Contractor's Authorized Official

12/7/17
Date

TAB 4: PROOF OF MINIMUM REQUIREMENTS

Life Scan can satisfy the following minimum requirements put forth in Section 1 of the RFP:

1. Life Scan has been involved in Public Safety Health, Wellness, and Fitness programs since 1998. We are the medical provider for the Jacksonville Sheriff's Office, Jacksonville Fire Rescue Department, Jacksonville Airport Authority, Nassau County Fire Rescue, Pinellas County Sheriff's Office, Citrus County Sheriff's Office and Fire Rescue, Largo Fire Rescue and Police Department, Hernando County Sheriff's Office and Fire Rescue, St. Petersburg Fire Rescue and Police Department, Osceola County Fire Rescue, Brevard County Sheriff's and Fire Rescue, Polk County Fire Rescue, Broward Sheriff's Fire Rescue, Fort Lauderdale Police and Fire Rescue, Miami Fire Rescue, Hillsborough County Fire Rescue, Florida Fire Marshals, Florida Forestry Service, and over 200 police and fire departments in the United States.

Documentation of Licensure, Registry, and CV's provided for:

- Life Scan Florida Certificate of Corporation
- Dr. Anthony Capasso, M.D.
- Amber Crossley, ARNP
- Christine Quinn, A.C.S.M.
- Stephanie Pugh, ARDMS

2. Facility and Personnel with ample parking

- a) Life Scan has a fully qualified, experienced, and dedicated medical staff consisting of medical/fitness professionals capable of administering scheduled physicals and procedures as outlined in the RFP. Life Scan guarantees an experienced staff that is a dedicated team for the City of Jacksonville with the ability to provide outstanding service to all the employees and accommodating the various shifts. B)
- b) The Life Scan wellness center is centrally located within the City of Jacksonville. The center is in the Salisbury Professional Center and has larger scale, unlimited parking availability proven to have ample space to accommodate large Fire/Rescue apparatus.

Life Scan Wellness Center for Jacksonville Public Safety
4130 Salisbury Road, Suite 2400
Jacksonville, FL 32216

- c) Life Scan offers an on-site option for both blood draws and physical exams at a location(s) provided by JFRD.

3. Computerized Patient Data Reports

Life Scan utilizes Microsoft Excel, xls to provide computerized patient data reports and will forward the same to the Health and Safety Officer. The patient file will be provided electronically on a format requested (CD, DVD, Flashdrive).

4. Minimum 10 years experience in Occupational medicine

- Life Scan has over 19 years' experience providing firefighter occupational NFPA 1582 exams, OSHA Respirator testing, Federal Workplace Drug Testing, infectious disease programs, post offer exams, medical clearances, Fit-for-Duty clearances, and NFPA 1583 fitness evaluations to public safety personnel.
- The Life Scan medical team fully understands the physiological and psychological demands placed on firefighters and police officers.
- The Life Scan medical/fitness team fully understands the environmental conditions under which firefighters and police officers must perform.
- Dr. Capasso has over 19 years' experience in Primary Care, Family Practice and Occupational Health as well as medical review of Life Scan procedures and protocols as the Medical Director.

5. Stress Test Treadmill Electrocardiograms will be monitored by licensed physician, PA, or NP in coordination with a Clinical Exercise Physiologist.

6. Facilities and staff to provide 50+ firefighter physicals per week

The Life Scan Wellness Center program has the capacity of administering 50+ physical screenings and associated procedures outlined per week. Life Scan can commence the program immediately upon award of contract.

- Our medical/fitness/administrative staff is completely trained and experienced in all scope of services.
- We have all equipment and supplies necessary for a fully operational facility including the equipment and supplies required to perform post offer exams, OSHA clearances, Infectious Disease Programs, NFPA 1582 physical exams, NFPA 1583 fitness analysis, ultrasound, stress testing, hearing, vision, blood, urinalysis, vital signs, and spirometry, and drug screening.
- Our medical/fitness staff is fully trained and experienced in the usage of the equipment.
- Our medical/fitness staff is fully trained and experienced in the OSHA/NFPA standards in medical testing, pulmonary function, hearing conservation, and respirator mask fit testing.
- Our medical/administrative staff is fully trained and experienced in Infectious Disease programs.
- Our medical/fitness/administrative staff is fully trained and experienced in the documentation and reporting r

TAB 5: STATEMENT OF QUALIFICATIONS

1. Competence

LIFE SCAN WELLNESS CENTERS COMPANY QUALIFICATIONS

Corporate Background:

Number of years in business: 19 years

Medical Director: Anthony Capasso, M.D.

Number of years in practice: 24 years

Number of years as Medical Director for Life Scan: 17 years

Life Scan's specialty and background is in prevention-based employee and occupational medical services for government agencies with a specialty in public safety. We have over nineteen years' experience in the development and implementation of programs for county, and state public safety departments to fit their specific needs. We have recognized the vital importance of combining the key components of health, wellness, and fitness to produce the healthiest, most productive employees. After researching and developing a program that is specifically designed to meet the needs of public safety, we opened our first on-site Life Scan Wellness Center in 2001 for the City of Jacksonville that has been ongoing for the Jacksonville Sheriff's Office and Jacksonville Fire Rescue Department. Since then we have opened three Life Scan Wellness Centers (only open to contracted government clients) and offer on-site services to over 200 government agencies. The Life Scan program provides annual fit for duty and post offer exams, respiratory protection programs, vaccines, and general employee exams at the same time integrating a model of early detection and prevention.

Life Scan provides the following services:

- NFPA 1582 Annual Physicals
- NFPA 1583 Annual Fitness Evaluations
- Prevention-based physical exams and assessments with the Life Scan model of Ultrasound Imaging Studies
- IAFF/IAFC Health and Wellness Initiative
- FDLE Police Physicals
- Hazmat Physicals
- SWAT Team Physicals
- Bomb Squad/Dive Team Physicals
- OSHA 1910.134 Respirator Medical Clearance and Mask Fit Testing
- Fit for Duty Testing
- Infectious Disease testing and vaccines
- On-site blood draws and chest X-rays
- Post Offer Employment Physicals

2. Current Workload

Life Scan is currently providing the same services to over 200 County, and Municipal, and State government agencies with over 22,000 public safety patients and has been the medical provider to these clients for up to two decades. Life Scan services Fire and Police Departments ranging in patient size from 65 to over 3,200 police and firefighters.

Similar Large Agency Projects within the State of Florida:

- Jacksonville Sheriff's Office
- City of Miami Fire Department
- City of Fort Lauderdale Fire Department
- Broward Sheriff's Fire Rescue
- Hillsborough County Fire Rescue
- Osceola County Fire Rescue
- Seminole County Fire Rescue
- Polk County Fire Rescue
- Hernando County Fire Rescue
- Brevard County Fire Rescue
- Pinellas County Sheriff's Office
- St. Petersburg Fire Rescue and Police Department
- Florida Fire Marshals
- Florida Forestry Service

3. Financial Responsibility

- a. Corporate Name: Life Extension Clinics, Inc.
Legal DBA: Life Scan Wellness Centers
- b. Type of Business: Corporation
- c. Business Addresses:
Administrative Office:
1011 North MacDill Avenue, Tampa, FL 33607.
Jacksonville Wellness Center:
4130 Salisbury Road, Suite 2400, Jacksonville, FL 32216
- d. Firm was established in the State of Florida on August 26, 1998.
- e. Number of years in business: 19 years
- f. Contact name for Life Scan Wellness Center:
Patricia Johnson, CEO/President
Phone Number: (813) 876-0625
- g. Bank Reference:
Bank of America
(813) 384-3664
- h. There are no unique risks associated with Life Extension Clinics, Inc. that threaten its continued existence.

4. Ability to Observe and Advise Whether Plans and Specifications are being Complied with, where Applicable.

- Life Scan and our employees have a wide range of experience within the medical field. Our focus is the specialty of occupational health for public safety that combines prevention and early detection with NFPA 1582 firefighter physicals with NFPA 1583 fitness evaluations.
- Life Scan has a variety of contracts range from comprehensive medical centers, occupational health testing including the OSHA 1910.134 Respirator Testing, hearing conservation, and vision as well as Fit-for-Duty clearance, fitness programs, and employee wellness programs.
- We have several medical/fitness teams that can undertake a range of differing projects. Our medical/fitness staff that will be assigned to the JFRD~Life Scan Wellness Center has extensive experience with Life Scan in similar projects with over 200 fire departments and law enforcement agencies within the Southeastern United States including the City of Jacksonville public safety since 2001.
- Life Scan has met or exceeded the expectations of every contract and project including budgetary goals, timetables, and quality control objectives. Life Scan developed the Life Scan Wellness Program to meet the needs of the City of Jacksonville Sheriff's Office and Jacksonville Fire Rescue.
- Life Scan has the experience and expertise with government entities, public safety agencies, and in firefighter physicals to understand the applicable laws or regulations that relate to the project and to provide over site and management to ensure that the plans and specifications are being complied with and the Scope of Services are being properly provided.

5. Past & Present Record of Professional Accomplishments with City Agencies and Others:

Life Scan provides annual public safety physicals that include all aspects of the Scope of Services in the RFP to over 200 city, county, and state agencies.

- Comprehensive Annual and Pre-Employment physical examinations
- Hearing Conservation and Vision
- Occupational Medical Clearance
- Comprehensive ultrasound-aided physical exam
- Cardiac Treadmill Stress Electrocardiograms
- OSHA Respirator Medical Clearance and Mask Fit Testing
- Hazmat and Specialty Team Physicals
- WFI Fitness Evaluations
- Nutrition and Diet Analysis
- Behavioral modification and wellness program

Completed and Ongoing Projects that are similar in nature and scope:

- Jacksonville Fire Rescue Department
Contact: District Chief Jeff Braswell, Rn/EMT-P
Phone: (904) 387-3194 Email: braswell@coj.net
2004 to present
- Jacksonville Sheriff's Office (2200)
Contact: Gerald Shaw, RN Occupational Nurse
(904) 630-2442 Gerald.Shaw@jaxsheriff.org
2001 to present
- Polk County Fire Rescue (550)
Contact: Jeff Calcutt, Union President/Health and Safety Officer
Phone: (863) 585-8301 Email: jeffcalcutt@polkfl.com
2008-present
- Brevard County Fire Rescue and Sheriff's Office (700)
Contact: Marvena.Petty
Phone: (321) 633-2056 Email: Marvena.Petty@brevardcounty.us
2012 to present
- St. Petersburg Fire Rescue and Police Department (450)
Contact: Fire Chief James Large
Phone: (727) 893-7694 Email: James.Large@stpete.org
2008 to present
- Broward Sheriff's Fire Rescue (750)
Contact: Assistant Chief Todd Leduc
Phone: (954) 831-8291 Email: Todd_Leduc@sheriff.org
2016 – present
- Florida State Fire Marshals (400+)
Contact: Director Julius Halas
Phone: (941) 915-5202
Email: Julius.Halas@myfloridafo.com
2015-present

6. Professional Resources

PRINCIPALS, MANAGEMENT, AND PHYSICIAN SUPERVISORY TEAM:



Patricia Johnson-Terrana, CEO. Patricia is the co-founder of Life Scan and will be the liaison between Jacksonville Fire Rescue and Life Scan. Patricia will oversee contractual issues, ensure proper invoicing, and attend meetings. Patricia has over thirty 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, Ms.

Johnson focuses on the distinctive medical needs of municipality and county employee wellness programs along with an extensive background with fire departments and law enforcement agencies. After co-founding Life Scan Wellness Centers in 1998, Ms. Johnson 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.

Life Scan is actively involved in the campaign to bring awareness on the state and national level about the correlation between firefighting and the increased risk of cancer and heart disease in firefighters.

In recognition of her outstanding accomplishments and contributions to public safety, Patricia was appointed to the position of Medical Advisor to the Major Cities Chiefs' Association, FBI LEEDA, and the FBI Leeda and National Executive Institute. Ms. Johnson is an educational speaker for the Metro Fire Chiefs, Major Cities' Police Chiefs, Florida Health and Safety Conference, Florida Fire Chiefs, Fire Rescue International, IAFC SHS Section, National Fallen Fire Fighters, and the Florida Professional Fire Fighters Association.

Michael Terrana, CFO Michael is an attorney in Tampa and started his law career as an assistant state attorney in Hillsborough County. He was the lead partner of a firm that focuses on insurance defense and property law. Michael is the co-founder of Life Scan and serves as corporate counsel, advisor, and Chief Financial Officer.

Anthony Capasso, M.D., Medical Director. Dr. Capasso has over 24 years in private medical practice located in Jacksonville Florida. He is fully experienced in post offer employment physicals, firefighter and police physicals and medical clearance, HAZMAT medical clearance, occupational medicine, and internal medicine. Dr. Capasso is the supervisory medical director and advises with medical clearance review. Dr. Capasso is the owner and medical director for the nationally acclaimed physician weight loss program, ThinCenters MD which specializes in wellness-based, customized weight loss programs for individuals and employer groups.

Pam Desmarais, ARNP-BC is the Life Scan Wellness Center Clinical Director and Project Manager. 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. Pam will ensure quality control over medical reporting and records and manage scheduling timelines. Pam was instrumental in developing the medical protocol for the Life Scan medical clearances and firefighter physicals and has extensive experience with NFPA 1582 guidelines and interpretation.

JACKSONVILLE MEDICAL STAFF TO BE ASSIGNED TO PROJECT:

Amber Crossley, A.R.N.P., Amber and her team of Advanced Registered Nurse Practitioners perform the annual physicals, clinical assessments, administer the infectious disease program, and medical clearances under the supervision of Dr. Capasso. Life Scan mid-level practitioners have extensive experience providing preventative care, chronic disease evaluation, acute illness treatment, minor injury treatment, medication prescribing, and healthy lifestyle recommendations. They are experienced in firefighter medical clearance, pre-placement employment physicals, fitness for duty, NFPA 1582 and FDLE Medical exams, the WFI, and OSHA Respirator Medical Clearance for public employees. They each have a thorough understanding of the unique needs, physical requirements, and mental stress related to the profession of firefighter and police personnel. ACLS Certified

Christine Quinn, ACSM Exercise Physiologist, is our director of Cardio/Pulmonary, Fitness, and Wellness Programs. Christine is responsible for cardio-pulmonary clinical testing, and fitness evaluations for the program. Each of our Life Scan exercise physiologists are experienced in the OSHA 1910.134 Respiratory Program including medical clearance and mask fit testing. Christine is responsible for customizing and implementing the fitness program as well as supervising the exercise physiology interns at the Jacksonville Wellness Center. ACLS Certified

Stephanie Pugh, A.R.D.M.S., is our lead Jacksonville ultrasound sonographer. Stephanie and her ultrasound team provide a key component to the early detection of curable diseases such as heart disease and cancer as well as the overall health assessments and education of our patients. Stephanie and her team of Life Scan ultrasound sonographers are cross-trained in all aspects of medical ultrasound.

7. Past and Present Demonstrated Commitment to Small and Minority Businesses and Contributions to a Diverse Marketplace:

- Life Scan ownership is 50% Women-Owned, founded in 1998 by Patricia Johnson, CEO and Michael Terrana, CFO.
- Life Scan has a diverse management and employee base and is committed to continue supporting minority and women-owned small and emerging businesses.
- Life Scan has a commitment to hiring, educating, and training women and minorities and has demonstrated this commitment throughout the past 19 years.

8. Ability to Design an Approach and Work Plan to Meet the Project Requirements.

1. The Life Scan program meets the Scope of Services in the RFP.
2. Life Scan designed and implemented the Life Scan Public Safety Health, Wellness, and Fitness Program for the City of Jacksonville in 2001 with a dedicated Public Safety Wellness Center for the City of Jacksonville Sheriff's Office and Fire Rescue Department. As we have demonstrated over the past decade, we have the experience, medical staffing, equipment, and resources to successfully provide the City of Jacksonville with an outstanding medical services program and can meet all timelines and performance criteria. Life Scan has been the exclusive provider of the Life Scan Wellness program for over two decades with our start in the City of Jacksonville.
3. As demonstrated by the testimonials of our patients and clients, 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 medical benefit, increases internal moral, and helps to ensure the long-term health, longevity and mental well being of their personnel.
4. We have state-of-the-art medical equipment for the project with all medical specialists fully trained in their use, function, and normal/abnormal ranges for expert medical consultation. We will continuously work with JFRD to further improve your program and to meet the 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.

9. Quotation of Rates, Fees, or Charges and Other Detailed Cost Proposal or Cost Breakdown Information

Life Scan Wellness Centers	
Comprehensive Physical Exam Per RFP P-41-13	\$ 395.00
<i>Hands-on Physical Exam (NFPA 1582 Compliant)</i>	included
Health History Questionnaire or PAR-Q	included
Mental Health and Sleep Disorder Assessments	included
Vision (Titmus)	included
Audiometry	included
Skin cancer assessment	included
Breast Exam for Women	included
Personal Consultation with review of testing results	included
<i>Cardio Pulmonary Assessments</i>	
Echocardiogram (Heart Ultrasound)	included
Resting EKG	included
Treadmill Stress Test with EKG, Bruce Protocol	included
Carotid Arteries Ultrasound	included
Aortic Aneurysm Ultrasound	included
Pulmonary Function Test, Spirometry	included
<i>Cancer and Disease Assessments</i>	
Digital Rectal with colon cancer screening (Hemoccult)	included
Thyroid Ultrasound	included
Liver, Pancreas, Gall Bladder, Spleen, & Kidney Ultrasounds	included
Bladder Ultrasound	included
Pelvic Exam with Ultrasound for Women (external, Ovaries and Uterus)	included
Testicular Ultrasound for Men	included
Prostate Ultrasound for Men	Included
<i>Blood and Laboratory Tests</i>	
Urinalysis	included
Lipid Panel	included
Diabetes Tests (Hemoglobin A1C and Glucose)	included
Complete Blood Count	included
Comprehensive Metabolic Panel	included
TSH Thyroid Test	included
PSA (men)	included
CA-125 (women)	included
<i>Fitness Assessments (NFPA 1583/WFI Guidelines)</i>	
Cardiovascular Endurance VO2 Max Calculation	included
Body Composition Analysis	included
Muscular Strength and Muscular Endurance	included
Flexibility Testing	included
Nutrition and Diet Recommendations	included
Exercise Prescription	included
<i>Medical Clearances</i>	
OSHA Respirator Medical Clearance	included
NFPA 1582 Firefighter Medical Clearance	included
TOTAL FLAT RATE	\$395.00

Additional Tests Requested by RFP P-05-18	
Chest X-Ray with Radiologist review	65.00
Cholinestrase and Heavy Metals (Hazmat Tests)	127.00
Hepatitis A Test	55.00
Hepatitis B Test	55.00
Hepatitis C Test	55.00
Hepatitis A Titer	30.00
Hepatitis B Titer	30.00
Hepatitis A Vaccine (2 shot series)	65.00 EACH
Hepatitis B Vaccine (3 shot series)	65.00 EACH
Urine Drug (10 Panel)	35.00
Drug Rescreen with Confirmation	50.00
Medical Review Officer (MRO) as indicated	100.00
HIV Test	40.00
PAP Smear	45.00
OTHER TESTS AVAILABLE	
ABO Blood Type	22.00
OSHA Respirator Mask Fit Testing (Portacount)	45.00
Lumbar X-Ray with Radiologist review	65.00
Tetnus/DP	40.00
Nicotine/Cotinine Screening	65.00
Post Offer Police and Firefighter Examinations	TBD based on testing requirements
Quantiferon Gold (TB Blood Test)	65.00
Testosterone Blood Test	21.00
Cardiac Calcification Scoring with CT	TBD by Market Price
CTA, Coronary Arteries with Lung CT	TBD by Market Price

LOCATION Options:

1. Life Scan has a private, PUBLIC SAFETY ONLY Wellness Center that is located at

4130 Salisbury Road, Suite 2400

Jacksonville, FL 32216

2. On--site services for blood draws and/or physicals at location(s) provided by JFRD.

10. The Volume of Current and Prior Work Performed for Using Agencies (Shall be considered a minus factor)

1. Jacksonville Sheriff's Office (\$550,000 annual)
2. Jacksonville Fire Rescue Department (\$50,000 annual)
3. JAA (\$10,000 annual)
4. JEA (\$40,000 annual)

TAB 6: OTHER

- Addendum # 1
- Proof of Insurance
- Florida Corporation Document
- Medical Director CV and License
- Clinical Director CV and License
- Medical Staff CV's and Licenses/Certifications
- Sample Aggregate Data
- Sample Patient Tracking Form



City of Jacksonville, Florida

PROCUREMENT DIVISION

ONE CITY. ONE JACKSONVILLE.

Addendum Number: **One (1)**
Proposal Number: **P-05-18**
Title of RFP: **Health Screening Physicals for JFRD Personnel/Ancillary Personnel**
Due Date and Time: **Wednesday, January 17, 2018, 2:00 P.M. EST**

This addendum is issued for the information of proposers on the above titled project. This addendum will take precedent over the original RFP should there be any discrepancies noted.

Attached are the questions received and the responses to those questions

Date: December 20, 2017

Alex Baker
Professional Services Specialist

PLEASE SIGN AND RETURN ADDENDUM WITH ENTIRE PROPOSAL PACKAGE IN A SEALED ENVELOPE.

Proposers' Signature

Title

Life Extension Clinics, Inc.
Company Name

12/20/17
Date

Health Screening Physicals for Jacksonville Fire and Rescue (JFRD)
Personnel/ Ancillary Personnel

RFP P-05-18

ADDENDUM NO. 1

Questions & Responses

1. Is it acceptable to have a Clinical Exercise Physiologist (formally educated with a BS/MS, certified, and experienced in conducting, monitoring, and interpretation) conduct and monitor the stress test (ACL/BLS Certified) with a supervising licensed physician, PA, or NP?
Yes
2. in as much as Paragraph 5 requires a physician, PA, or NP who is Board certified in Emergency Medicine, internal medicine, or Family Practice, will it be acceptable that the Final Evaluation (Paragraph T) be reviewed and signed by the same evaluating medical practitioner (physician, PA, or NP) that has performed the physical exam and conducted the patient review?
Yes
3. Who is the incumbent?
Life Extension Clinic, INC.
4. The Services and deliverables include many services in addition to the NFPA 1500 & 1582 guidelines. Are all the services in Section 4 required to be performed?
Yes
5. Are all the services expected to be performed under one roof?
Yes
6. How many stress tests did the fire department require to be performed in the last year?
This is a new bid which covers 1290 employees.
7. How many stress tests do you anticipate need to be performed weekly?
50
8. Please clarify the specifics around the Peripheral Vascular test.
Using ultrasound to detect issues.
9. What components are required in the Diabetes test?
Blood work that will include fasting blood sugar and A1C
10. What type of Fit Test does the City of Jacksonville require?
Qualitative vs. Quantitative? **Quantitative**
11. Is the facilitator required to be NIOSH certified? **Yes**

12. Is the standard UDS 10 panel the requirement? The DOT requires a 5 panel UDS.
If not, please specific the 10 components required in the DOT Drug Screen?
Cocaine, Marijuana, Phencyclidine, Amphetamines, Opiates, Benzodiazepines,
Barbiturates, Methadone, Propoxyphene, and Methaqualone
13. Please specific components of the HAZMAT components you are requesting and
additional blood tests. Every employee gets CBC w/ Differential/Plt, CMP+8AC, Lipid
panel with LDL/HDL Ratio, Hemoglobin A1C, TSH, PSA, Hep C Antibody. HAZMAT
receive in addition serum Cholinesteras and heavy metals (random urine)
14. When reviewing abnormalities and findings how far does the provider need to go? Refer
to PCP, specialist? Initiate therapy?
The member will be handed their results from the physical and will be instructed to
follow up with their Primary Care Doctor or a Specialist.
15. Do you have a physical agility test already created?
Yes for new hires.
16. Can you provide an example of the test?
Yes
17. If not, how many different jobs within the Fire Department require a physical agility test?
None, a physical agility test is only for new hires.
18. What is the preferred method for body composition testing?
Bod Pod or skin fold measurements.
19. What are the specifics around the Functional Movement Screening?
N/A,
20. What is supervised on a yearly basis? Is an athletic trainer onsite permissible?
YES
21. What are the specifics around the injury prevention and training programs?
The city would like a summary of data revealed during performed physicals that might
indicate a trend leading to injury/illness.
22. What are the specifics around the monthly summary?
Compile data revealed in your physical assessments and submit in the computerized
form requested in the RFP to the individual requested in the RFP, the Health and Safety
Officer
23. Does this require additional and ongoing testing?
Not if you can compile the data during the physicals, based on your software capabilities
24. Is an athletic training onsite permissible?
An exercise physiologist would be ideal. The individual(s) must have documentation of
their knowledge in fitness and wellness.

25. Is this service expected to be performed at a facility provided by Jacksonville/Duval County or within a clinic or location of the consultants' choice within Duval County? **Yes, must be within the county not necessarily provide by Jacksonville/Duval**
26. For the formatting of the results in Microsoft/ Adobe acceptable? **Yes**
27. For staffing purposes will a schedule or testing be provided prior? **Yes**
28. Is a board certified Occupational Medicine Provider approved to perform the physicals? **Yes**
29. Who is the incumbent provider of these services? **Life Extension Clinic, Inc.**
30. What is the number of female and male personnel? **91 females and 1154 males;**
31. What are the Departments number of shifts, hours of duty, and the number of personnel per shift? **There are 3 shifts that are 24 hours long and approximately 400 personnel per shift.**
32. Cardiac Assessment: Is a cardiac stress test only performed by using the stated criteria (gender, age, risk factors)? **All personnel receive**
33. Will all personnel receive a cardiac stress test as part of the fitness assessment? **Yes.**
34. Is the cardiac stress test performed using a maximal or submaximal protocol? **Submaximal;**
35. Cancer and Disease Assessment: Diabetes Test (Glucose). Is this a fasting blood glucose test (HbA1c) or urine test? **Blood Test.**
36. Is blood and urine sampling/analyses required prior to the physicals, or may they be performed at the beginning of a shift? **Blood should be drawn prior to physicals.**
37. Will all personnel receive a Chest X-ray in 2018, or as recommended by NFPA 1582 7.7.5.1? **Yes.**
38. What substances are included in the Urine Drug Screen (10) panel DOT drug screen? **Cocaine, Marijuana, Phencyclidine, Amphetamines, Opiates, Benzodiazepines, Barbiturates, Methadone, Propoxyphene, and Methaqualone**
39. Is Tuberculosis screening required? **Yes. If employee request or does not object**
40. HAZ-MAT testing: What additional testing is required on an as need basis? **Annual test that includes heavy metals blood work. Every employee gets CBC w/ Differential/Plt, CMP+8AC, Lipid panel with LDL/HDL Ratio, Hemoglobin A1C, TSH, PSA, Hep C Antibody. HAZMAT receive in addition serum Cholinesteras and heavy metals (random urine)**
41. Do all personnel receive Hepatitis A, B & C testing and what tests are required? **See bloodwork listed above**
42. Fitness Assessment: Cardiovascular Endurance: Is this conducted using a maximal or submaximal protocol? **Submaximal**

43. Will these services be conducted onsite at one or multiple locations? **One except blood work**
44. What is the name of the entity that currently performs the services outlined in the RFP? **Life Extension Clinic, Inc.**
45. How long have they performed these services? **Since 2004.**
46. May Physician Assistants or Nurse Practitioners perform the physical evaluations if their reports are reviewed and signed off by physician that is board certified in emergency medicine, internal medicine or family Practice? **Yes.**

Comprehensive Physical Examination Per (NFPA 1500 & 1582)

- a. b. ACSM/AHA Health History Questionnaire or PAR-Q
- b. Prostate Exam for Men
- c. Pelvic Exam for Women
- d. Breast Exam for Women
- e. Skin Cancer Screening
- f. Cardiac Assessment
- g. Echocardiogram
- h. Resting EKG
- i. Cardiac Stress Test
- j. Carotid Artery Ultrasound
- k. Abdominal Aorta Ultrasound
- l. Peripheral Vascular Test
- m. Total lipid Profile
- n. Cancer and Disease Assessment
- o. Digital Exam with occult screening
- p. PSA for Men
- q. Thyroid Ultrasound
- r. Liver, Pancreas, Gall Bladder, Spleen, and Kidney Ultrasound
- s. Pelvic Ultrasound for Women
- t. Diabetes Test (Glucose)
- u. Chest x-ray
- v. PAP Smear
- w. Hearing Exam (Audiometric exam per NFPA 1582)
- aa. Personnel Consultation with review of testing results
- ab. Fitness Assessment
- ac. Cardiovascular Endurance
- ad. Muscular Strength
- ae. Muscular Endurance
- af. Flexibility
- ag. Body Composition

ah. Exercise Prescription

aj. Functional Movement Screening (FMS)

47. Could you provide sample documentation of the monthly and annual training summaries that are administered to the Fire and Rescue personnel that is requested on page 27, section K? **The city would like a summary of data revealed during performed physicals that might indicate a trend leading to injury/illness. Compile data revealed in your physical assessments and submit in the computerized form requested in the RFP to the individual requested in the RFP, the Health and Safety Officer**



CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)
12/07/2017

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).

PRODUCER O. E. Wilson Insurance, Inc. 1475 Belcher Rd S Largo FL 33771	CONTACT NAME: PHONE (A/C, No, Ext): (727) 535-0524	FAX (A/C, No): (727) 536-9828	
	E-MAIL ADDRESS: cinda@oewilson.com		
INSURED Life Extensions Clinic, Inc. DBA LifeScan 1011 N. Macdill Ave Tampa FL 33607	INSURER(S) AFFORDING COVERAGE		NAIC #
	INSURER A : Auto-Owners Insurance Company		18988
	INSURER B : Admiral Insurance Company		24856
	INSURER C : Transportation Insurance Company		12408
	INSURER D :		
	INSURER E :		

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 SUBR INSD 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	20690745	11/10/2017	11/10/2018	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	AUTOMOBILE LIABILITY <input checked="" type="checkbox"/> ANY AUTO ALL OWNED AUTOS <input checked="" type="checkbox"/> HIRED AUTOS <input checked="" type="checkbox"/> SCHEDULED AUTOS NON-OWNED AUTOS		4159162800	09/18/2017	09/18/2018	COMBINED SINGLE LIMIT (Ea accident) \$ 1,000,000 BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$ \$
	UMBRELLA LIAB <input type="checkbox"/> OCCUR EXCESS LIAB <input type="checkbox"/> CLAIMS-MADE DED <input type="checkbox"/> RETENTION \$					EACH OCCURRENCE \$ AGGREGATE \$ \$
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 N	N/A X WC 6 56600287	11/29/2017	11/29/2018	PER STATUTE 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		EO000037691-01	05/31/2017	05/31/2018	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, city members, officials, officers, employees & agents are additional insured on the general liability & auto with respect to work performed by the insured.
Network Security & Data Privacy Liability \$1,000,000 Each Claim/\$1,000,000 Aggregate

CERTIFICATE HOLDER

CANCELLATION

City of Jacksonville 117 West Duval St Jacksonville, FL 32202	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 <i>Sandy I Wilson</i> <SK>
--	--

2017 FLORIDA PROFIT CORPORATION ANNUAL REPORT

**FILED
Jan 11, 2017
Secretary of State
CC2314302910**

DOCUMENT# P98000075149

Entity Name: LIFE EXTENSION CLINICS, INC.

Current Principal Place of Business:

1011 NORTH MACDILL AVENUE
TAMPA, FL 33607

Current Mailing Address:

1011 NORTH MACDILL AVENUE
TAMPA, FL 33607 US

FEI Number: 59-3530228

Certificate of Status Desired: Yes

Name and Address of Current Registered Agent:

TERRANA, MICHAEL J
1011 NORTH MACDILL AVENUE
TAMPA, FL 33607 US

The above named entity submits this statement for the purpose of changing its registered office or registered agent, or both, in the State of Florida.

SIGNATURE:

Electronic Signature of Registered Agent

Date

Officer/Director Detail :

Title PSD
Name JOHNSON, JEAN PATRICIA
Address 1011 NORTH MACDILL AVENUE
City-State-Zip: TAMPA FL 33607

Title VTD
Name TERRANA, MICHAEL J
Address 1011 NORTH MACDILL AVENUE
City-State-Zip: TAMPA FL 33607

I hereby certify that the information indicated on this report or supplemental report is true and accurate and that my electronic signature shall have the same legal effect as if made under oath; that I am an officer or director of the corporation or the receiver or trustee empowered to execute this report as required by Chapter 607, Florida Statutes; and that my name appears above, or on an attachment with all other like empowered.

SIGNATURE: JEAN PATRICIA JOHNSON

PRESIDENT

01/11/2017

Electronic Signature of Signing Officer/Director Detail

Date

CURRICULUM VITAE

ANTHONY L. CAPASSO, M.D.

Florida Medical License: ME69518

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

LICENSURE

State of Florida 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

C#6824861

STATE OF FLORIDA
DEPARTMENT OF HEALTH
DIVISION OF MEDICAL QUALITY ASSURANCE

DATE	LICENSE NO.	CONTROL NO.
11/03/2015	ME 69518	508182

6824861

STATE OF FLORIDA	AC#	6824861
DEPARTMENT OF HEALTH		
DIVISION OF MEDICAL QUALITY ASSURANCE		
DATE	LICENSE NO.	CONTROL NO.
11/03/2015	ME 69518	508182

The MEDICAL DOCTOR named below has met all requirements of the laws and rules of the state of Florida.

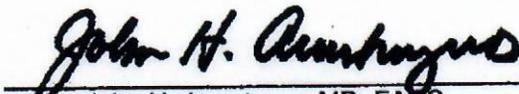
Expiration Date: JANUARY 31, 2018

ANTHONY L CAPASSO

LICENSEE SIGNATURE

he MEDICAL DOCTOR named below has met all requirements of the laws and rules of the state of Florida.
Expiration Date: **JANUARY 31, 2018**
ANTHONY L CAPASSO
351 13TH AVE SOUTH SUITE 110
ACKSONVILLE BEACH, FL 32250


Rick Scott
GOVERNOR


John H. Armstrong, MD, FACS
STATE SURGEON GENERAL

DISPLAY IF REQUIRED BY LAW

EXPIRATION DATE: **JANUARY 31, 2018**

Your license number is **ME 69518**, please use it in all correspondence with your board/council. Each licensee is solely responsible for notifying the department in writing of the licensee's current mailing address and practice location address. If you have not received your renewal notice 90 days prior to the expiration date shown on this license, please call (850) 488-0595.

Use this section to report name change. Name changes require legal documentation showing the name change. Please make sure that a photocopy of one of the following accompanies this form: a marriage license, a divorce decree or a court order.

Medical Quality Assurance offers you the convenience of several online services. These services give you the ability to renew your license, update your mailing and practice location addresses and update your profile information.

1. Go to www.FLHealthSource.gov
2. Click on "Provider Services"
3. Click on "Manage my License"
4. Select your profession
5. Enter the user ID and password that was provided to you on your initial license and click "Sign in using our secure server."
6. If you do not know your user ID and password, click on "Get Login Help?" or call our Customer Contact Center at (850) 488-0595 for assistance.

MAIL TO: DEPARTMENT OF HEALTH
DIVISION OF MEDICAL QUALITY ASSURANCE
LICENSURE SUPPORT SERVICES UNIT
P.O. BOX 6320
TALLAHASSEE, FLORIDA 32314-6320

IMPORTANT ANNOUNCEMENT

THE DEPARTMENT OF HEALTH WILL NOW REVIEW YOUR CONTINUING EDUCATION RECORDS AT THE TIME OF LICENSE RENEWAL.

TO LEARN MORE, PLEASE VISIT WWW.CEatRENEWAL.COM

NAME CHANGE (ATTACH LEGAL DOCUMENTATION)

FROM: _____
LAST FIRST MIDDLE
TO: _____
LAST FIRST MIDDLE

DH 2103, 5/98

Pamela L. Desmarais, MS, ARNP-BC

Certifications

Registered Nurse Practitioner in the State of Florida, license number 2551642ARNP
Certified Adult Nurse Practitioner from the American Nurses Credentialing Center
Registered Nurse in the State of Florida and Massachusetts
Basic Life Support (BLS) Certification
Basic Life Support Instructor
Advanced Cardiac Life Support

Highlights

- American Nurses Association (ANA)
- Florida Nurses Association (FNA)
- Completed AAAASF accreditations
- Completed two JCAHO accreditations

Professional Experience

Life Scan Wellness Centers

2012 to Present

Director Clinical and Medical Operations

Lead ARNP: Provide physical assessment, medical clearances, and plan of care to adults in law enforcement and fire rescue positions. Obtains infectious disease laboratory results and educates patients on infectious diseases. Administering immunizations as needed/ requested. Provide counseling of patients on risk factors, nutrition, medication, smoking cessation, physical activity, and disease management. Promote health screenings and healthy living.

Clinique of Plastic Surgery

2008 to 2012

ARNP/Clinical Manager

Expertly managed all surgery services, including planning, scheduling and coordination, determination of procedures and procurement of supplies and equipment. Assessed need for, ordered, obtained and interpreted appropriate lab tests. Provided pre-intra-PACU care of patients. Managed clinical and support staff in patient care activities.

University of South Florida

2003 to 2012

Adjunct Faculty

Instructor for College of Nursing

Marcadis Plastic Surgery

2005 to 2008

ARNP/Practice Manager

Expertly managed all surgery services, including planning, scheduling and coordination, determination of procedures and procurement of supplies and equipment. Assessed need for, ordered, obtained and interpreted appropriate lab tests. Provided pre-intra-PACU care to surgical patients. Managed clinical and support staff in patient care activities.

RN/Relief Charge Nurse; CVTU, Endoscopy

CVTU: Maintain and recover immediate postoperative open heart patients in CVTU.
Endoscopy; Evaluate and manage schedule for both outpatients and hospitalized patients. Manage patient transfers and immediate recovery of patients.

Education

University of South Florida

Master of Science, Nursing

University of South Florida

Bachelor of Science, Nursing

**Advanced Cardiac Life Support
National Provider Certification**



1373880630145

Pamela Desmarais

Has successfully completed the national Advanced Cardiac Life Support certification examination and clinical skills evaluation in accordance with the most recent published clinical American Heart Association Guidelines for CPR & Emergency Cardiovascular Care; and is hereby granted provider certification by the National Board of Emergency Care Certification for a period of twenty-four months from the date of issuance.

Issue Date **01/06/2015**

Expiration Date **01/2017**

[Signature]
Registrar

STATE OF FLORIDA AC# **7266091**
DEPARTMENT OF HEALTH
DIVISION OF MEDICAL QUALITY ASSURANCE

DATE	LICENSE NO.	CONTROL NO.
07/07/2016	ARNP 2551642	2228746

The ADV REG NURSE PRACTITIONER named below has met all requirements of the laws and rules of the state of Florida.

Expiration Date: **JULY 31, 2018**

PAMELA LYNN COFSKE DESMARAIS

LICENSEE SIGNATURE

**American Academy of CPR & First Aid, Inc.
Health Care Provider CPR**

Pamela Desmarais

This individual has successfully completed the above mentioned course, and has demonstrated proficiency in the subject by passing the examination, in accordance with terms and conditions of American Academy of CPR & First Aid, Inc.

<u>AB486192-HCP</u>	<u>01/06/2015</u>	<u>01/06/2017</u>
Certificate Number	Issue Date	Renewal Date



Certification #
2004004705

Certification Valid

4/11/2015 to 4/10/2020

Name of Certification:

Adult Nurse Practitioner

Awarded to:

Pamela L. Desmarais, ANP-BC

Amber Crossley MSN, ARNP-BC

Education

University of North Florida- Jacksonville, Florida

Doctor of Nursing Practice- expected graduation Summer 2018

University of North Florida – Jacksonville, Florida

Master of Science in Nursing, Family Nurse Practitioner – April 29, 2016

University of North Florida – Jacksonville, Florida

Bachelors of Science in Nursing – December 11, 2013

Florida State College at Jacksonville – Jacksonville, Florida

Associate in Science in Nursing – August 10, 2012

Certification

Board Certified Family Nurse Practitioner – American Nurses Credentialing Center, June 16, 2016

Advanced Cardiovascular Life Support – American Heart Association, December, 2016

Experience

Advanced Registered Nurse Practitioner

Life Scan Wellness Center Jacksonville, December 2016- Present

- Provides occupational, prevention-based wellness exams to first responders throughout state of Florida
- Leads a healthcare team of 4-6 members
- Interprets labs, ultrasound images, and electrocardiogram results
- Educates patients on prevention and wellness related directly to their specific profession
- Combines evidence-based practice with clinical expertise to provide the highest level of quality care

University of North Florida Student Health Services Clinic, September 2016- December 2016

- Provided comprehensive urgent and primary care services to the student and faculty population on campus
- Diagnose, treat, refer, and interpret diagnostic results in a timely manner
- Manage and organizes primary care services for approximately 15 patients per day
- Develop treatment plans for patients with chronic and acute illnesses

Registered Nurse

Baptist Medical Center South, July 2013 – August 2016

- Provided compassionate and quality direct patient care on a medical/surgical progressive care telemetry unit
- Administered peritoneal dialysis and educate patients regarding treatment
- Partnered with interdisciplinary care team to achieve successful patient outcomes
- Promoted preventative care measures as member of the Pressure Ulcer Prevention care team

Amber Crossley MSN, ARNP-BC

- Offered quality healthcare utilizing current guidelines and evidence-based practices to comply with the Center for Medicaid and Medicare Services core measures and decrease hospital associated infections

Flagler Hospital, December 2012 – November 2013

- Provided exceptional psychological and physical care to patients and families on a medical/surgical renal-oncology telemetry unit
- Provided post-operative education to maintain a successful recovery process
- Liaised with nurses and healthcare clinicians to co-ordinate care
- Developed individualized plans of care to meet the specific needs of nephrology clients

Adjunct Nursing Clinical Instructor

University of North Florida, May 2016 – August 2017

- Leads up to 9 students in discussion sections and tutorials
- Reviews bachelor of science in nursing students' coursework
- Engages students in classroom and clinical setting with teaching and instructions
- Supervises students in the hospital setting during clinical rotations

Publication

"Recognizing oral carcinoma: Identifying the vague and misleading symptoms of early-onset oral carcinoma", *Advance for NPs and PAs*, October 10, 2016.

Awards and Professional Organizations

- Sigma Theta Tau International Nursing Honor Society, inducted July 1, 2013
- Baptist Medical Center Distinguished Caregiver Award, September 2, 2014
- American Nurses Association, inducted January 1, 2016

Community Service

- St. Vincent's Mobile Health Outreach Ministry

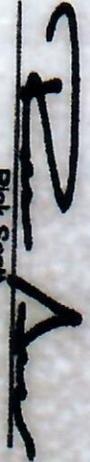
AC# 7245111

STATE OF FLORIDA
DEPARTMENT OF HEALTH
DIVISION OF MEDICAL QUALITY ASSURANCE

DATE	LICENSE NO.	CONTROL NO.
06/23/2016	ARNP 9390267	2219902

The ADV REG NURSE PRACTITIONER named below has met all requirements of the laws and rules of the state of Florida.
Expiration Date: **JULY 31, 2018**
AMBER MICHELLE GROSSLEY
14550 OLD ST. AUGUSTINE RD.
JACKSONVILLE, FL 32288

QUALIFICATION(S):
NURSE PRACTITIONER


Rick Scott
GOVERNOR

DISPLAY IF REQUIRED BY LAW


Celeste M. Phillip, M.D., M.P.H.
Surgeon General and Secretary

QUALIFICATION(S):
Nurse Practitioner

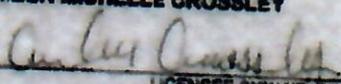
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The ADV REG NURSE PRACTITIONER named below has met all requirements of the laws and rules of the state of Florida.

Expiration Date: **JULY 31, 2018**

AMBER MICHELLE GROSSLEY


LICENSEE SIGNATURE

AMBER GROSSLEY

STEPHANIE PUGH, ARDMS

QUALIFICATIONS

- Knowledge in Gynecology, Abdominal, as well as Small Parts, Cardiac, and Vascular
- Understanding of physics of ultrasound, interaction with human tissues, image formation and display, Doppler, color flow, m-mode, 2-D scanning, and instrumentation
- Able to recognize and demonstrate skills of differentiating normal and abnormal sonographic anatomy
- Dynamic team- player, strong ability to work independently, professional, and loyal to the company
- Proven high abilities to be an efficient, multi-tasked, dependable and reliable worker
- Excellent writing and oral skills, observant, keen on details, goal-oriented

EDUCATION

Central Florida Institute Palm Harbor, FL

Diagnostic Medical Sonography Program

Associates of Applied Science Degree

Graduation Date: 2009

Polk State College

Applied Associates Degree

Graduation Date: 2007

CERTIFICATIONS

ARDMS Registered

HIV/AIDS Certified

OSHA Certificate

PROFESSIONAL EXPERIENCE

Life Scan Wellness Center, Jacksonville, Florida

Lead Ultrasound Sonographer

Responsibilities include: Ultrasound surveying centering on carotid on carotid arteries, thyroid gland, cardiac ultrasound, abdominal, bladder, prostate, and testicles. Interpreting urinalysis results along with performing drug screening tests and suggesting when is the time to see a specialized physician based on the findings of the ultrasound.

Akium Imaging, Jacksonville, Florida

Diagnostic Medical Sonographer

Responsibilities includes: performing general ultrasound centering on abdominal, OB/GYN, small parts, and vascular, preparing patients for examination, applying venous duplex examination of lower and upper extremities as well as carotid duplex and soft tissue ultrasound.

Baycare Health Hospital, Plant City and Bartow, FL

Diagnostic Medical Sonographer

Responsibilities include: performing general ultrasound centering on abdominal, OB/OBGYN, small parts, and vascular, preparing patients for examination, applying venous duplex examination of lower and upper extremities as well as carotid duplex examination, also performing paracentesis and Thoracentesis, as well as biopsies.

Mobile Ultrasound Services, Tampa, FL

Diagnostic Medical Sonographer

Responsibilities included: performing general ultrasound centering on abdominal OB/GYN, small parts, and vascular, preparing patients for examination, applying venous duplex examination of lower and upper extremities as well as carotid duplex examination.



December 15, 2017

Stephanie Hope Macaluso
97332 Harbor Concourse Circle
Fernandina Beach, FL 32034

This letter will serve as verification that the above-named individual is certified with the ARDMS, and his or her registration status is ACTIVE through December 31, 2017.

Name: Stephanie Hope Macaluso

ARDMS #: 152847

Credential/Certification

Awarded

Specialty Areas

RDMS

06/13/2013

Abdomen (AB) (6/13/2013)

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For details about the new ARDMS organizational structure please visit www.ARDMS.org/2016NewStructure.

Christine C. Quinn MSH, EP-C

EDUCATION

Master of Science in Health

Focus in Exercise Science and Chronic Disease
University of North Florida, Jacksonville FL

May 2015

Bachelor of Science in Applied Physiology and Kinesiology

University of Florida, Gainesville FL

August 2013

PROFESSIONAL EXPERIENCE

Exercise Physiologist, Life Scan Wellness Center

December 2014 - Present

- Perform and interpret resting and exercise electrocardiograms
- Conduct blood pressure, pulmonary function, body fat percentage & musculoskeletal assessments
- Counsel patients on exercise and wellness, and provide recommendations based on significant findings

Graduate Teaching Assistant, University of North Florida

August 2014 – December 2014

- Supervised by Dr. Peter Magyari
- Course taught: Exercise Physiology
- Provide teaching support in the areas of testing and interpretation of exercise physiology laboratory methods

RESEARCH EXPERIENCE

Co-Author: Exercise and Appetite Hormone Study (Published Sept. 2016)

May 2014-December 2015

- Supervised by Dr. Peter Magyari
- Conducted maximal oxygen consumption testing and managed exercise data collection
- Coordinated subject appointments and testing

Performance Psychology Lab

August 2012-May 2013

- Supervised by Dr. Christopher Janelle
- Collection and regression of data studying the effect of emotion regulation on gait and attention
- Applied knowledge of biomechanics, human anatomy and psychology

Imaging Duchenne Muscular Dystrophy

January 2011-May 2012

- Supervised by Dr. Donovan Lott
- Studied MRI images of muscle in patients with Duchenne Muscular Dystrophy
- Examine the regression of data and applied statistical strategies, analyzed subject data

INTERNSHIP EXPERIENCE

Life Scan Wellness Centers, Jacksonville FL

August 2014- Dec 2014

- Supervised by Kelly Chizmar
- Conducted cardiovascular, pulmonary and musculoskeletal testing on patients
- Electrocardiogram interpretation and wellness counseling on patients, specifically lifestyle modifications

Coastal Orthopedics and Sport Medicine, Bradenton, FL

May 2013-August 2013

- Supervised by Maria Scafario
- Assist Physical Therapists in diagnosis and treatment of patients
- Specifically assist patients with therapies and exercise routines

CERTIFICATIONS AND CREDENTIALS

American College of Sport Medicine – Certified Exercise Physiologist
American Heart Association Basic Life Support (First Aid, CPR & AED)
American Heart Association Advanced Cardiac Life Support

August 2014-December 2020
December 2017-December 2019
December 2017-December 2019

REFERENCES

Available upon request.

LEADING THE WAY

Christine C. Quinn

ACSM ID: 733784

ACSM Certified Health Fitness Specialist®

Recertification Date: 12/31/2017





LIFE SCAN
Wellness Centers

AGGREGATE DATA for JFRD

Abnormal Test Findings	2018	2019	2020	2021	2022
ARNP PHYSICAL EXAM					
Hemocult					
Complete Blood Count (CBC)					
Elevated Renal Function (Kidney)					
Elevated Liver Function					
LDL/HDL Ratio (Cholesterol)					
Triglycerides					
Blood Glucose (Diabetes test)					
Hemoglobin A1C (Diabetes test)					
Thyroid Function (Blood Test)					
Heavy Metals					
Cholinesterase					
Hearing					
Vision					
Chest X-ray					
CLINICAL EXERCISE PHYSIOLOGY					
Blood Pressure (Pre-hypertension)					
Blood Pressure (Hypertension)					
Electrocardiogram (EKG)					
Cardiac Stress Test					
V02 Max Calc (Aerobic Capacity)					
Body Fat Percentage/Obesity					
Pulmonary Function Test					
ULTRASOUND STUDIES					
Cardiovascular					
Carotid Stenosis > 50%					
MVP (Mitral Valve Prolapse)					
Low Ejection Fraction (Heart Function)					
LVH (Left Ventricular Hypertrophy)					
Bicuspid Aortic Valve					
Dilated Aortic Root					
Aortic Insufficiency					
Aortic Stenosis					
Aortic Aneurysm (AAA)					

Abnormal Test Findings	2017	2018	2019	2020	2021
ULTRASOUND STUDIES (Continued)					
<i>Internal Organs</i>					
<i>Liver</i>					
Mass					
Cyst					
Fatty liver					
<i>Kidneys/Renal</i>					
Mass					
Cyst					
Kidney Stones					
<i>Gall Bladder</i>					
Gall Stones					
Mass					
Polyp(s)					
<i>Spleen</i>					
Enlargement					
<i>Pancreas</i>					
Mass					
<i>Pelvic</i>					
Ovarian Mass					
Uterine Mass					
Prostate Enlargement					
Prostate Mass					
Testicular Mass					
BladderMass					
<i>Thyroid</i>					
Mass					
Nodules- Monitor					
Nodules- Follow-up					
Heterogenous/Cystic					
TOTAL FINDINGS					

