



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

Company Name

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