

Invitation To Participate In The UFOA Hypertension Screening Program.

In the continuing efforts of the UFOA to provide meaningful benefits for our members, we have developed an original and unique [UFOA Hypertension \(HTN\) Screening Program](#) in conjunction with Mount Sinai Heart and HPFR Inc. that is created and designed for the needs of our members.

“...Sudden cardiac death has consistently accounted for the largest share of on-duty firefighter deaths since the NFPA began this study in 1977.” (NFPA Firefighter Fatalities in the United States-2017)

FEATURES & BENEFITS of the UFOA HYPERTENSION PROGRAM:

1. Early detection & control of high blood pressure will avoid long term, irreversible damage and may save your life.
2. Providing a few dozen measurements enables Doctors to make an accurate assessment of a members BP status vs. a single measurement that can be abnormal based on many different influencers. *(Too much coffee for instance)*
3. The device functions through an app in your smart phone using Bluetooth technology.
4. Taking measurements at home reduces incidents of “white coat syndrome”.
5. Your smart phone maintains a personal log of your blood pressure readings.
6. Measurements are shared wirelessly with the Cardiologists at Mount Sinai Heart.
7. Above normal BP measurements prompt a follow-up from Mount Sinai Heart’s team.
8. The UFOA will provide you with a BP monitor once you complete the *enrollment process.
9. **This HTN program is HIPAA compliant & operates completely independent of FDNY/BHS.**

***Enrollment Process: To participate in the program, simply complete the following steps**

- a. [HIPAA Acknowledgement form](#)
- b. [Participant Survey](#)
- c. Download [Qardio Heart Health App/QardioArm](#)
- d. Create your profile within *Qardio* app
- e. Authorize Mount Sinai to remote monitor *(receive your readings)*

OUR STUDY:

*The UFOA participated in a yearlong study completed early 2018; it included one hundred UFOA volunteers. Each were given a wireless blood pressure monitor and asked to take their blood pressure twice per week. Thank you to the members who volunteered, as a result of their overwhelming participation and follow-through; Mount Sinai Heart, HPFR and the UFOA were able to successfully develop our hypertension program. At this time we have over 300 members participating. The UFOA encourages your participation, and reminds all of our members, **Health is Wealth.***

Questions or Concerns please contact us!

- **Kathleen Duffy**, Program Coordinator: C347.252.6516, kathleen.duffy@mountsinai.org
- **Dr. David Ores**, Program Director, HPFR: C917.723.4206, hpfrofficial@gmail.com
- **George Farinacci**, UFOA: C917.213.4555, gfarinacci@ufoa.org
- Mount Sinai, First Responders HTN Screening Program email: support@mswheart.com