



Burnaby Fire Department
Health and Wellness Initiative

Dear Firefighter,

Welcome to the Burnaby Fire Health & Wellness Initiative. Below, you will find a breakdown of what is included, and what you can expect for the coming year.

Annual Health Screening

What it includes:

1. Medical Visit w/Program Physician
2. Spirometry
3. Waist and hip circumference
4. Chest X-ray (1-2x/5yrs)
5. Stress test with VO₂max
6. Mental Wellness Screening

Details:

- Scheduled by your AFC
- On-shift

Fortius Contact: Sammy Walton in the Lab at
604 292 2503 or by email at
BFD@fortiussport.com

This program is not intended to replace your family physician, and it is important that your current physician is involved in this process to coordinate appropriate care. Should you have any abnormal test results, we will arrange for follow-up testing or care, and with your permission, provide your family physician with copies of the abnormal test results so that they may continue with your care. If you do not have a family physician, talking to friends or family who have physicians as well as searching your local community are good ways to find one.

Fitness @ Fortius

What it includes:

1. Annual 12-Month Fortius Fitness and Performance Centre membership
2. FireFit Group Training
3 free trial classes per member, per year

Details:

- FireFit scheduled by your Shift Lead
A – Luke Kavanagh
B – Keith Holm
C – Adam Brown
D – Dan Walton
- Off-shift

Fortius Contact: FPC Client Services Team
604 292 2502
BFD@fortiussport.com

What is FireFit?

A Firefighter-specific training group, led by a Fortius Strength and Conditioning Coach. FireFit is designed with you in mind, focusing on injury prevention, mobility, strength, and conditioning. FireFit is scheduled by your shift lead around your shift, with your shift members in your training group.



Injury Management @ Fortius

What we offer:

We are committed to seeing and treating Burnaby Firefighters for injury, whether or not they have ICBC, WorkSafeBC or other claims.

To see the Program Physician:

- No referral required

Action: Call 604 292 2500, press 2, then 1
Let the staff know you:

- Are a Burnaby Firefighter
- Have sustained an injury and need to see Dr. Doty or Dr. Chhina
- Let them know if it's work related, or acute

For non-MSK related issues we always recommend you see your family physician

To see another Sports Medicine Physician:

- A physician referral is required

Action: Call your family doctor or go to your nearest walk-in clinic

- Request a referral to Fortius Sport & Health Sports Medicine Clinic
- Ask the physician to indicate on the referral that you are a Burnaby Firefighter

The Fortius referrals desk will call you to book your appointment.

Once you have been assessed, we will work with you to schedule the necessary or recommended next steps such as physiotherapy, hydrotherapy, massage, or chiropractic treatment. For work-related injuries, we are able to provide physiotherapy services under WorkSafeBC. For non-work-related injuries, we will work with you, your physician and Burnaby Municipal Benefits Society to approve and set up a final work conditioning program at Fortius that includes Strength and Conditioning, and hydrotherapy where appropriate.

If you have any further questions regarding this program please contact:

Client Experience Facilitator	Megan Budd	604 292 2598	BFD@fortiussport.com
Client Experience Facilitator	Sammy Walton	604 292 2503	BFD@fortiussport.com
Program Manager	Kasia Nastalska	604 292 2542	kasia.nastalska@fortiussport.com