



Mount
Sinai
Heart



UFA/UFOA Hypertension Program

**Sign Up for the Mount Sinai Heart Hypertension Program Today.
Approved and endorsed by your UFA and UFOA.**

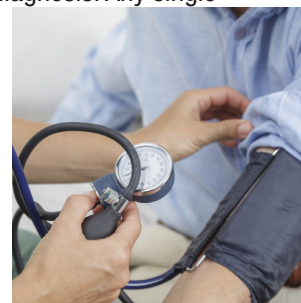
Join the confidential, secure, and ongoing Fire Fighters BP program to identify untreated or inadequately treated high blood pressure — the number one killer of first responders while on duty.

In the continuing efforts of the UFA / UFOA to provide meaningful benefits for our members, we are participating in the UFA / UFOA Hypertension (HTN) Program in conjunction with Mount Sinai Heart and David Ores, MD (HPFR) that was created and designed for 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 UFA / UFOA HYPERTENSION (HTN) 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 every year enables the doctor to make an accurate assessment of a member's BP status. Doctors need 40 or 50 blood pressure measurements per year for an accurate diagnosis. Any single measurement could be off baseline due to different influences.
3. The device functions through an app in your smart phone using Bluetooth technology.
4. Blood pressure measurements take only a few minutes.
5. Measurements can be done at your convenience, as often as you like.
6. Taking measurements at home reduces incidents of “white coat syndrome”.
7. Your smart phone maintains a personal log of your blood pressure readings.
8. Measurements are shared wirelessly with the Cardiologists at Mount Sinai Heart.
9. Above normal BP measurements prompt a follow-up from Mount Sinai Heart's team.
10. **This HTN program is HIPAA compliant and completely independent of FDNY/BHS!**



Enrollment Process

To participate in the program, simply complete the following steps

1. HIPAA Acknowledgement agreement
2. Participant Survey
3. Download “**Qardio Heart Health**” (QardioArm) from your phones App store.
4. Create your **profile** within Qardioapp
5. Authorize Mount Sinai remote monitoring (to receive your readings)

The UFA / UFOA will provide you with a BP cuff once you complete the above enrollment process.



**For more information visit
www.htnscreening.org**

Questions or concerns please contact us!

- Program Coordinator: W347.252.6516/C332.208.2861, efrat.gaon@mountsinai.org
- Dr. David Ores, Program Director, HPFR: text 917.723.4206, hprofficial@gmail.com
- Michael Schreiber, UFA: © 347-675-7149, HealthandSaftey@ufanyc.org
- George Farinacci, UFOA 917-213-4555, gfarinacci@ufoa.org
- Mount Sinai, First Responders HTN Screening Program email: support@mswheart.com

Designed in partnership with the IAFF.