
Cardio Optimum Performance Survey

223.1 POLICY

Cardio Optimum Performance Survey

223.2 PURPOSE OF THE PROGRAM

In accordance with the Memorandum of Understanding between the Irvine Police Association (IPA) and the City of Irvine (City), dated January 1995 - June 1998, a Cardiovascular Optimum Performance Survey (COPS) program has been developed.

IPA employees over the age of 40 will have the option to participate in a "Cardiovascular Performance Survey" once every two (2) years. The program will be carried out by HOAG Executive Health.

223.3 PROGRAM ADMINISTRATION

The program will be administered by Public Safety under the direction of the Administrative Services Division. The diagnostic cardiovascular program will consist of:

- (a) Health History
- (b) Blood Pressure
- (c) Body Fat Analysis
- (d) Smoking Cessation (Support Program - Optional)
- (e) Blood Panel to Identify Risk Factors
- (f) Nutritional Workshops - Spouse included
- (g) Stress Reduction Classes
- (h) Treadmill Stress Test
- (i) Cardiovascular Exercise Program

All components of the evaluation process will be off-site under the direct supervision of a HOAG Executive Health board-certified cardiologist. All studies will be performed without cost to IPA members in the over 40 age group.

Members under 40 years of age may use professional development funds to also participate in the medical evaluation. Only \$500.00 of professional development funds may be used toward the cost of the evaluation. The employee would be responsible for the balance to HOAG.

223.4 NOTIFICATION AND SCHEDULING

The cardiovascular evaluations are to be conducted on "City" time. IPA members will have the ability to flex their working schedules to facilitate completion of the evaluation, pending supervisor approval.

Irvine Police Department

Policies

Cardio Optimum Performance Survey

It will be the member's responsibility to schedule all components of the evaluation package with assistance from the HOAG Executive Health Center. Based on the program contract with HOAG, the evaluation must be completed by December 31.

223.5 CONFIDENTIALITY

To preserve the integrity of the Cardiovascular Optimum Performance Survey, the guarantee of confidentiality of medical information (derived as a result of the medical studies) will become a part of the agreement for services between HOAG Executive Health and the City.

It is understood and agreed upon that the results of these surveys are strictly confidential and are protected under the doctor-patient privilege. The Department and the City do not have the right to obtain the results of the surveys - or to use the cardiovascular surveys to inquire into the physical fitness of the employee to perform his/her job. Any disclosure of results of the surveys shall be done by the affected employee only.

If the IPA member wishes to have the COPS medical information released to the City of Irvine or the Public Safety Department, a signed medical release form must be provided to the HOAG Executive Health Center - with a copy to Public Safety Administration.