



September 21, 2023

Saint Paul Police Foundation
161 St. Anthony Ave, Suite 927
Saint Paul, MN 55103

On September 18, 2023 the Saint Paul Police Foundation reviewed a request from the SPPD for Heart Health Program funding in the amount of \$35,000.00 This program is a partnership with Provicta, a company that offers services similar the SIGMA program, but tailored more specifically to their testing needs, at a lower cost. While the SIGMA program was found to be very beneficial for the small number of officers who participated, their department has found that the planning and more cost effective nature of the Provicta program will allow them to incorporate the program into annual check-ups for every officer in the department. Officers will participate in the testing at regularly scheduled age markers, to align with their physical fitness annual testing (ages 40, 45, 50, 52, 54, 56, 58, 60, and yearly after age 60). The testing will include the following components:

- Blood Draw (Advanced Cardio Metabolic Panel)
- Coronary calcium scan (to assess atherosclerotic calcification as a predictive biomarker of cardiovascular disease)
- Reporting and lifestyle recommendations – each participant will receive a detailed report and summary of the recommendations produced by their testing results; the department will receive a de-identified summary report

The program will help identify officers who are at high risk, as well as officers who are at lower risk, but in need of lifestyle changes to avoid the increased risk of heart disease. By improving officer wellness, we will be able to help keep our officers healthy and better able to serve the Saint Paul community.

The donation request was approved by the foundation in the amount of \$35,000

Sincerely,

Kristen Sheehan

Kristen Sheehan
Executive Director
Saint Paul Police Foundation