



HEART DISEASE IS ONE OF THE TOP KILLERS OF FIRST RESPONDERS

Sigma Tactical Wellness was founded by physicians, PhDs, and law enforcement executives to reduce the risk of heart disease in first responders. Our mission is to identify cardiovascular risk in its very early stages and develop treatment plans to keep our first responders healthy while on the job and through retirement.

Our programs, OnSite and HeartStart have been proven to be superior to traditional cardiovascular risk analysis and coronary artery calcium scoring in identifying the very early stages of heart disease before that disease progresses to heart attack, stroke or other complications.



"My eyes were open today on how much can be done to prevent heart attacks. I encourage everyone to take advantage of the Sigma Program. It's brilliant. The staff was great. The experience was great."

GORDON GRAHAM
Founder, Chairman / Lexipol

Importance of Early Detection - The research is clear

The risk of cardiovascular disease to first responders is too high to ignore.

22 YEARS LESS | The life expectancy of men and women in uniform is 57 years, 22 years less than the general population.¹

90 % MISSED | Over 90% of Police Officers who are at high risk for heart attack are missed by traditional screening methods.²

92 % POSITIVE | 92% of First Responders tested Positive for Pre-Clinical Heart Disease - 24% of these were less than 40 years old.²

45 YEARS OLD | 45% of Officers having heart attacks were under age 45, 7% for civilians.¹

CARDIAC SCREENING PROGRAMS

Our Sigma Tactical Wellness programs offer the diagnostic tools to identify individuals who are at high risk for a cardiovascular event.



Designed for departments, we bring our staff and cutting-edge technology to your office. The program consists of the following:

- Comprehensive blood test
- Carotid ultrasound
- Cardiometabolic stress test
- Medical consultation
- Health & performance consultation
- Dietician consultation



Designed for the individual and departments with easy access via an online platform to be used as a stand-alone program or to supplement the OnSite program. The program consists of the following:

- Comprehensive blood test
- Telehealth medical consultation
- Dietician consultation via phone



3-YEAR SCREENING PLAN

We recommend a 3-year heart health screening plan:

YEAR 01

OnSite Program

Full program conducted at your department.

YEAR 02 & 03

HeartStart Program

Used for tracking progress and increasing patient engagement during the years between the OnSite Program.

CARDIAC SCREENING IS LIFESAVING!

To learn more about our programs and to reduce your risk of heart attack or those in your department, use the QR codes above or go to myheartstart.com and iamsigma.com.

"I would not be here today if I had not gone through the Sigma Tactical Wellness screening program. I was not going to do the screening but my family and friends convinced me. Turns out I had an 85% blockage in my widow maker. I had been scheduled to fly to the UK to do a 1000 mile bike ride, climbing 50,000 feet. Had I not done the screening, my doctor told me I would have died over there.

You might think you don't need to get screened, I certainly didn't think I needed to. But I strongly urge you, please do it - it could save your life as it did mine."

NEIL BRONNER

St. John's County Sheriff's Office

¹ John M. Violanti, Tara A. Hartley, et al., "Life Expectancy in Police Officers: A Comparison with the U.S. General Population," International Journal of Emergency Mental Health 15, no. 4 (2013): 217-28.

² Sheinberg et al, "Liposomal Associated Phospholipase A2 is More Effective in Predicting Cardiac Risk in Law Enforcement Than Framingham Risk Score and Coronary Artery Calcium Score Calculation". JOEM, PAP Jan 2, 2024.

Testimonials represent the views of the participant and his individual experience. Sigma is not responsible for inaccuracies or omissions by the individuals. Results may vary by participant. We do not claim that all participants in our program will have similar results. Persons giving testimonials may have been compensated with free services or discounts in exchange for sharing their experience.