



*The passionate pursuit
of healthy hearts.*

Learn more about the

Frontline Heroes Wellness Fund

Each year, around 700,000 women and men lose their lives to heart disease in the United States. Studies show that - through awareness, early detection and timely intervention - about half of those lives could have been saved. Sadly, about 65% of women and 50% of men who die suddenly from heart disease did not report prior symptoms. Most of this silent killer's victims will not know they have the disease until it is too late.

Early detection saves lives and that is at the heart of our mission.



Thanks to the generosity of the Singhi Charitable Foundation, we can offer life-saving screenings to our community heroes at no cost to the participant. Pictured, from left to right: Dylan Singhi, Nilu Singhi, Dr. Sushil Singhi, Dr. Namrata Singhi and Dr. Ryan Singhi.



Frontline Heroes Wellness Team

Sheila Caldwell, The Heart2Heart Foundation
Dr. Sushil Singhi, Carolina Cardiology Associates
Nilu Singhi, Singhi Charitable Foundation
Deb King, RN, The Heart2Heart Foundation
Debbie Hayworth, The Heart2Heart Foundation
Shannon Pope Pohl, RN, York Technical College
Dr. Namrata Singhi, Legacy Health & Wellness
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Dr. Keith Wilks, Rock Hill School District 3
Serena Williams, Rock Hill School District 3
Sadie Kirell, RN, Rock Hill School District 3
April Maylor, RN, Begin with Wellness
Robert D. White, NAMI Piedmont Tri-county
Betsey O'Brien, NAMI Piedmont Tri-county
Sara da Costa, Synergy Wellness

Our designated population

Serving those who serve us

While our community heroes dedicate their lives to serving others, the physical and emotional toll this can place on their heart health can have devastating results. In fact, about half of the deaths among firefighters is from heart disease. Studies show that the prevalence of traditional risk factors is higher among our law enforcement as well. For many, the first warning sign they have heart disease will be a cardiac event.

The shared mission of The Heart2Heart Foundation and the Singhi Charitable Foundation is to identify women and men who are at risk of heart attack and stroke to reduce the number of Carolinians whose lives are impacted by disability or cut short by this largely preventable disease. For more than 10 years of working side-by-side to help more people in our community learn their risk for heart disease and how to win the fight against our number one killer, we expanded our Advance CVD Prevention Screening Program.

Our *Frontline Heroes Wellness Fund* provides advance screenings at no charge to eligible participants who live or work in York, Chester and Lancaster Counties of South Carolina and Mecklenburg County in North Carolina. Acceptance into the program is not based on income or insurance status. Each *Frontline Heroes Wellness Fund* scholarship awarded is customized based on the participant's initial assessment.

Who can apply?

Eligible women and men from the following sectors serving York, Chester and Lancaster Counties may apply:

- Educators, Faculty & Staff
- First Responders - Fire, Police & Sheriff
- Emergency Services Personnel
- Dispatchers
- Nurses

Each application is reviewed by a committee comprised of providers trained in cardiovascular care. Selection is not based on income or insurance status. The committee may offer exceptions to candidates based on their self-reported risk factors or deny a participant if that person has current symptoms.



Program synopsis

Advance CVD Prevention Screenings

Our Advance CVD Prevention Screening Program will provide a comprehensive heart disease risk assessment with personalized lifestyle coaching for qualified participants who meet the following criteria at no charge:

- ✓ Women and men, age 20+
- ✓ Have at least 2 or more risk factors for heart disease, including:
 - Family history of early heart disease
 - High blood pressure
 - High cholesterol
 - Type 2 Diabetes or Pre-diabetes
 - Overweight or Obese
 - Smoker or former smoker
- ✓ No prior history of cardiac diagnosis or event (e.g., heart attack, stent, etc.)
- ✓ Cannot be pregnant, or planning to become pregnant, during the program
- ✓ Cannot be on insulin treatment for diabetes
- ✓ Must live or serve in York, Chester or Lancaster Counties in South Carolina or Mecklenburg County in North Carolina



Information received regarding participants will not be shared with anyone outside of our FHWF team, including health care providers or employers, without the expressed consent of the program participant.

To find out if you qualify for the program, simply complete the application form. You will find that link on the back of the brochure.

Important disclaimer:

This program is intended for asymptomatic adults. If you are experiencing symptoms, please consult with your health care provider.

Please call 9-1-1 or seek emergency medical assistance if you are experiencing symptoms including chest pain or pressure, shortness of breath or sudden dizziness.

Select services & programs

Advance CVD Prevention Screenings

The goal of this unique program is to help identify asymptomatic women and men who may be at higher risk but who have not been diagnosed with heart disease.

Selected participants in the program will receive:

- Advance Labs which include: Advance Lipid Profile, Lipoprotein(a), High-sensitivity CRP and Fasting Glucose or A1C (fasting is required)
- Blood Pressure and Weight Check
- Sleep Apnea Assessment - a Home Sleep Study is optional but can be included based upon physician's recommendation
- Coronary Artery Calcium Scan (minimum age: 40+)
- Electrocardiogram (EKG)
- Heart Health Evaluation with a Board-Certified Cardiologist
- Lifestyle Coaching Session and FHWF Workbook with resources

Based on the Heart Health Evaluation results, participants may also receive:

- CIMT (Carotid Screening)
- Treadmill Stress Test
- PVD Screening: Ankle Brachial Index & Doppler Vascular Study

Costs for the above are covered by the *Frontline Heroes Wellness Fund* for program participants. Based on the advance screening services received, the fair market value for each participant is between \$500-800 each. There is no charge for the Heart Health Evaluation as the cardiologists are donating their time to the FHWF program.

Ancillary diagnostic testing or follow-up with a physician is the responsibility of the program participant. Participants will receive copies of their screening results which may be provided to the primary care physician or cardiology group of their choice.

The Heart2Heart Foundation does not endorse or recommend any specific provider.



Explanation of services provided

Advance CVD Prevention Screenings

The following overview will provide basic information regarding each advance screening participants will receive through the *Frontline Heroes Wellness Fund*:

Advance Lipid Profile: Unlike the basic cholesterol check, this advance screening measures your LDL (bad cholesterol) number and size, which is a stronger indicator of potential heart attack or stroke.

Lipoprotein(a): This screening checks a genetic form of cholesterol that is found in about 20% of those tested. Studies show that, if this number is high, the risk for heart attack and stroke are greater.

High-sensitivity CRP: This screening measures the inflammation in your body that, left undetected and untreated, can lead to heart disease.

Fasting Glucose or A1C: Participants who are not diabetic will receive the Fasting Glucose check to determine how much glucose (sugar) is in the blood after an overnight fast. For those participants who indicate a diagnosis of Type 2 Diabetes, we will order an A1C, which measures your average blood sugar level over the past 3 months.

ECG or EKG: This screening will check for prolonged QT interval . Early diagnosis of this issue could save your life.

Coronary Artery Calcium Scan: This quick, non-invasive CT scan is one of the best methods today for discovering heart disease at its earlier stages.

Sleep Apnea Assessment: For participants whose assessments indicate a risk for this disorder will also receive a Home Sleep Study.

Blood Pressure: Known as the "silent killer." Many people suffer with hypertension without knowing that they have this risk factor for heart disease.

Weight Check / BMI: Participants who are overweight or obese are at higher risk for chronic conditions such as high blood pressure, diabetes and high cholesterol.

CIMT (Carotid Screening)*: This screening measures the amount of plaque which could indicate a higher risk for heart disease.

Treadmill Stress Test:* This screening shows how your heart works during physical activity.

Ankle Brachial Index (ABI) & Doppler Vascular Study:* The ABI is a simple non-invasive vascular study used to diagnose Peripheral Arterial Disease (PAD).

*These specific screenings will be recommended based on the initial Heart Health Evaluation provided by the assigned cardiologist with the costs covered by the program.

Still have questions? Reach out to us!

Frequently Asked Questions

We've tried to address the most common questions we receive about our Advance CVD Prevention Screening program but if you have specific questions or need assistance, please feel free to reach out to us by email or phone:

Email: Admin@TheHeart2HeartFoundation.org. Please put "FHWF Question" in the subject line so we can prioritize our response.

Phone: 803.805.1421 We are happy to chat by phone or ZOOM!

Office Hours: Monday-Thursday, 9:00am-6:00pm and on Friday, 8:00am-12:00pm
Appointments are available after hours and on weekends.

QUESTION: What is the cost of the program for the participant?

ANSWER: Thanks to the generosity of the Singhi Charitable Foundation and our other wonderful supporters, the screenings and services provided to our program participants cost them nothing. Many of these screenings are not currently covered by insurance,

QUESTION: Where do I get my labs and screenings done?

ANSWER: Through our affiliation with YourLabWork, your labs will be drawn at a Quest Diagnostics location near you. All other screenings, including the Coronary Artery Calcium Scan, will be provided by Carolina Cardiology Associates in Rock Hill.

QUESTION: Do I have to fast for my labs?

ANSWER: Yes, you will. Nothing to eat after midnight the evening before your labs!

QUESTION: Will I get a copy of my results?

ANSWER: Absolutely! You will be able to take these reports to your health provider for follow-up. Should you need additional diagnostic testing, you are not obligated to use any specific medical or cardiology group.

QUESTION: Will I receive a bill for the evaluation by the cardiologist?

ANSWER: No! The cardiologists performing the Heart Health Evaluation believe in this program and have graciously donated his/her time and expertise.

QUESTION: Is this program available in other areas?

ANSWER: There are some prevention cardiologists who offer these screenings with their practice but we aren't aware of any program structured like either of these.

It's time to take the next steps toward better heart health!



STEP ONE

Complete the *Frontline Heroes Wellness Fund* online application.

STEP TWO

One of our team members will notify you of your eligibility for the program and next steps via email. Feel free to call us with questions!

STEP THREE

Schedule your Advance Labs, Screenings and Heart Health Evaluation. Upon completion, we will schedule your Lifestyle Coaching Session!

SCAN TO APPLY



OR APPLY HERE:

<https://tinyurl.com/FHWFapply>

Collaborative Agencies & Program Providers



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