



Emergency Responders Health Center - North

1330 NORTH WASHINGTON STREET, SUITE 1080 | SPOKANE, WA | (509) 824-7327

PRE-EXAM INFORMATION | FIRE & POLICE ANNUAL WELLNESS EXAMINATIONS

Emergency Responders Health Center (ERHC) recognizes the extreme demands placed on firefighters and law enforcement officers. Your agency or health trust has contracted with our Clinic to provide a comprehensive medical examination specifically customized to your occupational health needs – **at no out-of-pocket cost to you.**

Please also review the **Patient Reference Guide** found at www.erhcnorth.org, or contact us.

HOW TO SCHEDULE YOUR EXAM: Call our Clinic at (509) 824-7327 or email infnorth@er-hc.org.

WHEN TO SCHEDULE: Your birth month. Scheduling annually on your birth month allows for consistency.

Note: Some agencies may request a specific exam schedule.

WHERE TO FIND US: 1330 North Washington Street, Suite 1080 | Spokane, WA (*Rock Pointe III*)

WHAT TO COMPLETE BEFORE YOUR APPOINTMENT: (for all patients, new or returning)

- PATIENT FORMS**
 - ✓ **Patient History Form** (complete either 'New Patient' or 'Established Patient')
 - ✓ **Patient Information Form**
 - ↓ All forms can be downloaded from www.erhcnorth.org – click Patient Forms
- LABORATORY STUDIES** – ERHC prefers lab draws to be performed at ERHC North.
 - ✓ **Fasting Blood Draw and Urine Sample:** Please do not eat or drink anything except water for 8 hours before your draw. Be sure to drink plenty of water to stay hydrated. Samples should be collected at least 72 hours before your exam date.
 - ✓ **ERHC Walk-in Laboratory Hours:** 7:30 a.m. – 3 p.m. | Monday thru Thursday
7:30 a.m. – 2 p.m. | Friday
 - ✓ **Outside Lab Draws:** If you plan to use an outside laboratory (LabCorp or Quest), please contact ERHC North staff to ensure lab orders have been submitted to the appropriate laboratory company. Labs must be performed with an ERHC-contracted lab company to be covered.

WHAT TO BRING TO YOUR APPOINTMENT:

- Your completed ERHC patient forms, photo identification, and insurance card.
- Your current vaccination records (Hepatitis A/B, Tetanus, MMR, Polio, Varicella, Shingles, COVID-19).
 - ♦ ERHC North can access Washington and Idaho databases to review individual vaccination records.

WHAT TO KNOW:

- Your visit may last 2 – 2.5 hours. ERHC North will make every effort to expedite your wellness exam; however, we apologize in advance for any delays due to circumstances beyond our control. *We welcome you to bring reading materials, your electronic device, etc.*
- Your exam will consist of laboratory testing (blood and urine), vital signs, vision screening/color perception, audiology (hearing test), spirometry (lung function), resting EKG, cardiac stress test (treadmill running test) and a comprehensive exam by your ERHC North medical provider. You may choose a male or female provider at the time you make your appointment (per Clinic scheduling availability).

Our ERHC North team looks forward to serving you!