

Request for Proposal

Issued By

CITY OF PEORIA
PURCHASING DIVISION

PEORIA CITY HALL

419 FULTON ST * ROOM 108
PEORIA, ILLINOIS 61602
PHONE (309) 494-8507 * FAX (309) 494-8510



Electronic proposals will be received on the City's E-Bid Platform until
August 9, 2022 at 2:00 PM
for the goods or services described herein.

Firefighter Physicals RFP #28-22

Company Name Rock Valley Health

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Attachment A:

- VENDOR REGISTRATION GUIDE - CITY OF PEORIA

Attachment B:

- ELECTRONIC BID SUBMISSION GUIDE - CITY OF PEORIA

These forms must be included within your proposal.

1. **Price Sheet** - Please submit pricing electronically (see *Attachment B* for assistance).
2. **Cover Letter** - Please provide a cover letter with a brief history of your company and how you can provide the best services to the City of Peoria.
3. **References** - Please provide a list of references for review and evaluation.

LEGAL NOTICE
Request for Proposal

The City of Peoria is currently accepting proposals for the following goods or services:

Firefighter Physicals

RFP # 28-22

Pre-bid meeting:

No pre-bid meeting will
be scheduled.

Bids will be received until:

August 9, 2022 at 2:00 p.m.

At the following location:

RFP responses should be submitted
electronically through the City's bid portal:

RFP documents and information may be obtained from the City of Peoria bid website at
<https://www.bidnetdirect.com/illinois/cityofpeoria>

GENERAL INFORMATION

INTRODUCTION

The City of Peoria is currently accepting proposals from qualified vendors for **RFP 28-22 Firefighter Physicals**

PRE-BID MEETING

A pre-bid meeting will not be scheduled for this RFP

RFP INFORMATION

Electronically submitted proposals will be accepted by the City of Peoria, Purchasing Division, 419 Fulton Street, Room 108, Peoria, Illinois, 61602, until **2:00 p.m. on August 9, 2022**. **Proposals shall be submitted electronically on the City's bid portal** by going to bidnetdirect.com/illinois/cityofpeoria

Proposals received after the stated date and time will not be considered. Faxed proposals will not be accepted. Proposals will be opened and publicly recorded immediately following the opening time.

AWARD OF RFP

The RFP will be awarded to the proposal that is in the best interest of the City, based on the given requirements and specifications. Responses will be scored according to the given scoring matrix, and awarded based on that scoring model. The City of Peoria reserves the right to award to either a single or multiple vendors. The City reserves the right to waive technicalities and accept the proposal that best suits its needs.

QUESTIONS*

All questions regarding this solicitation **must be submitted in writing**. Please submit at: bidnetdirect.com/illinois/cityofpeoria

****Vendors may not contact any other City Departments or Staff with inquires regarding this RFP.***

Schedule of Events:

RFP Issued	June 24, 2022
Pre-Bid Meeting	N/A
RFP Opening.	August 9, 2022
City Council meeting for contract approval.	September 13, 2022
Effective date of contract	November 1, 2022

GENERAL INSTRUCTIONS TO PROPOSERS

1.1 ACCEPTANCE OF PROPOSALS - The right is reserved, as the interest of the City may require, to reject any or all proposals and to waive any non-material informality or irregularity in the proposals received. All proposals will be in English. The City will award the proposals as described below or reject all bids within sixty (60) calendar days from the bid opening date.

1.2 ADDITIONAL COPIES OF SPECIFICATIONS - Proposers may secure additional copies of the RFP specifications from the City of Peoria's [online bid platform](#).

1.3 REGISTERING ON BIDNET DIRECT - Proposers must register as a vendor on BidNet Direct to access RFP Documents. There is no charge to register. In order to complete registration go to [the BidNet Direct website](#) – click on “Vendor Registration” in the upper right corner of the page. Enter your company information, and when prompted, select the “Limited Access” option. If you have questions of problems while registering, please call the BidNet Support Team at 800-835-4603 for direct assistance.

1.4 ELECTRONIC RESPONSES – Proposers must submit all responses through the [City of Peoria bid portal](#)

1.5 CLOSING TIME - The RFP closing time will be based upon Central Standard Time or Central Daylight Time, whichever is in effect on the date the RFP is due.

1.6 WITHDRAWAL OF PROPOSALS - Proposers may withdraw their responses at any time prior to the RFP closing time by telephone, fax, or written request. A telephone request must be confirmed in writing within 24 hours of the call and prior to closing time. No proposer shall withdraw their response for a period of sixty (60) calendar days from the RFP opening date. Negligence on the part of the proposer in preparing a response to the RFP confers no right of withdrawal or modification of a proposal after it has been opened. No proposal will be opened which has been received after the closing time specified in the RFP and it will be returned unopened to the proposer.

1.7 ALTERNATE PROPOSALS - The specifications describe the supplies and/or service, which the City feels are necessary to meet the performance requirements of the City. Proposers desiring to submit a proposal on items which deviate from these specifications, but which they believe to be equivalent, are requested to submit alternate proposals. However, ALTERNATE TENDERS MUST BE CLEARLY INDICATED AS SUCH AND DEVIATIONS FROM THE APPLICABLE SPECIFICATIONS PLAINLY NOTED. The proposal must be accompanied by complete specifications of the items offered.

1.8 AWARD - An award will be made to the (responsive and responsible) proposal that is determined to be in the best interest of the City. Responses will be scored according to the given scoring matrix attached to the specifications and awarded based on that scoring model. The quality of the articles to be supplied, their conformity with specifications/scoring matrix and their suitability to the requirements of the City and the delivery terms will be taken into consideration in making the award.

1.9 PRICES - Unit prices shall be shown for each unit on which there is a bid and shall include all packing, crating freight and shipping charges and cost of unloading supplies at destination unless otherwise stated in the bid response. All prices shall be stated in U.S. dollars. Unit prices shall not include any local, state, or federal taxes. In case of mistake in extension of price, unit price shall govern. All prices must be typewritten or written in ink. No erasures are permitted. Mistakes must be crossed out and corrections typewritten or written in ink adjacent there to and initialed in ink by the party signing the proposal or his authorized representative.

1.10 SIGNATURES - Each bid response must be signed by the bidder with his usual signature. Bids by partnerships must be signed with the partnership name by one of the members of the partnership, or by an authorized representative, followed by the signature and title of the person signing. Bid responses by corporations must be signed with the name of the corporation, followed by the signature and title of person authorized to bind it on the matter. All signatures must be in ink.

By signing and submitting the response to this document, the Vendor/Contractor/Consultant is certifying they have not been barred from bidding by Federal, State or Local governments and have not been suspended or debarred from receiving federal funding.

1.11 INVESTIGATION - Bidders shall make all investigations necessary to thoroughly inform themselves regarding the supplies and/or service to be furnished in accordance with the bid. No plea of ignorance by the bidder, of conditions that exist or that may hereafter exist because of failure or omission on the part of the bidder to make the necessary examinations and investigations, will be accepted as a basis for varying the requirements of the City or the compensation to the bidder.

1.12 SAMPLES - Samples of items, when required, must be submitted within the time specified and at no expense to the City; and if not destroyed in testing, they will be returned at the bidder's request and expense. Samples, which are not requested for return within thirty (30) days, will become the property of the City.

1.13 RESPONSES – A response is requested of all bidders even if it is a “no bid.” Do not include any personal information such as social security numbers that the bidder wishes to keep confidential.

1.14 BID PROCESS – This process does not obligate the City to award a contract, or pay any cost incurred by the Vendor/Contractor/Consultant responding to this request. The City reserves the right to accept or reject any or all statements received because of this request. All information submitted in response to this request will become the property of the City.

Please be aware that it is the City's policy to not compensate a Bidder for any time or expenses incurred during the selection and negotiation processes

1.15 EQUAL EMPLOYMENT OPPORTUNITY (EEO) – To be awarded a contract all Suppliers, Vendors and Contractors to the City of Peoria **must** be registered in the City of Peoria’s Contract Compliance Program and have a current EEO Certification number. This program is unrelated to any State and Federal program.

EEO certification is secured by completing and submitting, under notary seal, an Employer Report Form CC-1 (with required sexual harassment policy attached) to the City’s Equal Opportunity Office. *Please note the Certificate of Compliance is valid for one (1) year and must be renewed annually.* The CC-1 form can be downloaded from the City’s website at <http://www.peoriagov.org/equal-opportunity/> under *Equal Opportunity – Forms and Downloads*. The forms can also be obtained by writing or calling:

**City of Peoria
Equal Opportunity Office
419 Fulton Street
Peoria, IL 61602
(309) 494-8530 Voice
(309) 494-8532 TTY**

In accordance with Chapter 17 of the Peoria Municipal Code, a fifty-dollar **(\$50.00)** processing fee will be charged with each original submission of the Employer Report Form CC-1 that results in an approved certificate as well as the Annual Renewal Application. The only exception to payment of the processing fee is neighborhood associations.

Although all vendors are encouraged to obtain Equal Employment Opportunity Certification, vendors do not need an Equal Opportunity Certification to respond to a bid. The EEO Certification Number is only required prior to the award of the contract.

CONTRACT TERMS

- A. **PERFORMANCE BOND** – No performance bond will be required for this RFP.
- B. **PAYMENT BOND (For Construction Contracts)** – No payment bond will be required for this RFP.
- C. **TAXES** - The City is exempt, by law, from paying State and City Retailers Occupation Tax, State Service Occupation Tax, State Use Tax and Federal Excise Tax. The City will execute tax exemption certificates whenever required. The unit prices should be exclusive of all taxes. In the event the unit price includes taxes, the bidder must show the amount of tax included in the unit price.
- D. **CITY’S AGENT**- The City of Peoria’s Purchasing Manager or his designee shall represent and act for the City in all matters pertaining to the RFP and contracts in conjunction thereto.
- E. **PATENTS** - The successful bidder agrees to protect, defend, and save the City harmless against any demand for payment for the use of any patented material process, article or device that may involve the manufacturer, construction or form a part of the work covered by the contract.
- F. **HUMAN RIGHTS ACT** - The contract will be subject to and governed by the rules and regulations of the Illinois Human Rights Act 775ILCS5/1-101 et seq. and as amended. And the provision of Chapter 775 of the Illinois Compiled Statutes 5/2-105 on Sexual Harassment policies.
- G. **NON-COLLUSION** - With the executing of this bid the Bidder is certifying to non-collusion in the preparation and submittal. The bid must be properly executed upon submission, or it may not be considered for acceptance.
- H. **DEFAULT** - In case of default by the contractor, the City will procure the articles services from other sources and hold the contractor responsible for any excess cost incurred.
- I. **CANCELLATION** - The City reserves the right to cancel the whole or any part of the contract, if the contractor fails to perform any of the provisions in the contract or fails to make delivery within the time stated. The cancellation notice will be written and delivered by certified mail to contractors address on record. In the event the contract is canceled, the vendor may be declared an irresponsible vendor by the City Manager and as a result may be disqualified from doing business with the City for the period of one year in accordance with Section 10-102 of the Peoria City Code. The contractor will not be liable to perform if situations arise by reason of strikes, acts of God or the public enemy, acts of the City, fires or floods.

K. BID-RIGGING OR BID-ROTATING - By the signing of this bid, the Bidder is certifying that the company is not barred from bidding as a result of a conviction for the violation of State of Illinois laws prohibiting bid-rigging or bid-rotating per Public Act 720ILCS, Section 5-33E- 3 and 5/33E-4.

L. DELINQUENT PAYMENT - By signing this bid, the Bidder is certifying that the company is not delinquent in the payment of any indebtedness, tax, fee, liens, fines owed or accruing to the City of Peoria or in the payment of any tax administered by the Illinois Department of Revenue and is in compliance with the terms and conditions of Section 10-109 of the Peoria City Code; and Chapter 65 of the Illinois Compiled Statutes, Section 5/11-42.1-1.

M. INSURANCE – The successful Bidder shall obtain, at its own expense, all necessary insurance with regard to its fiduciary responsibility to the City of Peoria. Said Bidder shall indemnify and hold harmless the City of Peoria, its officials, officers, directors, employees, heirs and assigns from any and all actions, claims, demands or suits at law or equity for damages, costs, loss or other injury as a result of the contract. The City does not assume any liability for acts or omissions of contractor and such liability rests solely with contractor.

a. Contractor’s Insurance – The contractor and all subcontractors shall secure and maintain such insurance policies as will protect the contractor or subcontractors from claims for bodily injuries, death or property damage which may arise from operations under this Contract whether such operations be by contractor, or anyone employed by contractor directly or indirectly. The following insurance policies are **required**:

- Statutory Worker’s Compensation
- Comprehensive General Liability

Combined Single Limit	\$1,000,000.00
Property Damage	\$1,000,000.00

- Automobile Public Liability and Property Damage

Combined Single Limit	\$1,000,000.00
Property Damage	\$1,000,000.00

b. Insurance Inclusions – The comprehensive general liability insurance shall include independent contractors' protective liability, products and completed operations broad form property damage coverage. The completed operations and products liability shall be maintained for two years after final payment.

c. Contractual Liability – The insurance required above shall include contractual liability insurance coverage for the contractor’s obligations under the section below entitled, “Hold Harmless and Indemnification Agreement”.

d. Certificates of Insurance – Certificates of insurance acceptable to the City indicating insurance required by the Contract is in force shall be filed with the City prior to contract approval by the City. These certificates shall contain a provision that coverage afforded under the policies will not be canceled until at least thirty (30) days prior written notice has been given to the City.

PRECEDENCE - Where special conditions are written in the specifications, these conditions shall take precedence over any conditions listed under the "Instructions to Bidders."

O. GOVERNING – This contract will be governed by the laws of the State of Illinois. The Contractor/Vendor agrees that Chapter 10 of the Code of the City of Peoria is hereby incorporated by reference, as if set out verbatim."

P. AFFIRMATIVE ACTION REQUIREMENTS - "The Contractor/Vendor will not discriminate against any employee or applicant for employment because of race, color, religion, sex, sexual harassment, ancestry, national origin, place of birth, age or physical or mental handicap(s) which would not interfere with the efficient performance of the job in question. The Contractor/Vendor will take affirmative action to comply with the provision of this division and will require any Subcontractor to submit to the City written commitment to comply with this division. The Contractor/Vendor will distribute copies of this commitment to all persons who participate in recruitment, screening, referral and selection of job applicants, prospective job applicants, member or prospective Subcontractors."

a. The Contractor/Vendor agrees that the provision of Division 4 of Article III of Chapter 17 of the Code of the City of Peoria is hereby incorporated by reference, as if set out verbatim."

Q. EMPLOYEE EMPLOYMENT RESTRICTIONS - The Contractor agrees, as a condition of accepting this contract with the City of Peoria, that, for a period of one (1) year following completion of this contract, it shall be prohibited from hiring, directly or indirectly, any City employee or official who was involved, directly or indirectly in: (1) the selection and/or recommendation to select the Contractor for performance of this contract; (2) coordinating the efforts of the Contractor in the consummation or completion of this contract; or (3) monitoring or determining the performance of the Contractor. The Contractor further acknowledges and agrees that, upon the City's determination that a violation of this provision has occurred, the penalty imposed, at the sole discretion of the City, may include one or more of the following: (1) cancellation of any other contract(s) between the City of Peoria and the Contractor; (2) disqualification of the Contractor from bidding or being awarded future contracts with the City of Peoria for a period of two (2) years; and/or (3) payment of liquidated damages to the City of Peoria in the amount of Twenty-Five Thousand Dollars (**\$25,000.00**). *This does not apply to any City Employee involved in the 2011-12 reduction in force; nor does it apply to parties taking the Early Retirement Incentive offered by the City from November 1, 2011 through November 1, 2012.*

R. LOCAL PURCHASING - For purchases of \$10,000.00 or greater, if:

- a. The lowest bidding local vendor is a responsible bidder; and
- b. The lower-bidding responsible bidders are not local vendors; and
- c. The lowest bidding local vendor's bid is higher than the non-local vendor by no more than three (3) percent, then that local vendor should be considered the lowest responsible bidder.
- d. In case of a dispute regarding the application of this provision, the decision of the City Manager or the Purchasing Agent acting for him/her shall be final. For purposes of this subsection, a local vendor shall be one that sells goods or services to the public, either retail or wholesale, and owns or leases a physical, commercial business location, with on-site staffing and regular business hours, within the corporate limits of the City of Peoria, Illinois. The provisions of this subsection shall not be applied to a contract if the funding source prohibits local preference by law, rule or regulation.

S. REFERENCE - All the contract terms shall be incorporated by reference into any written contract.

RFP 28-22 - Firefighter Physicals
Specifications & Scope of Work

**City of Peoria Request for Proposal for Medical/ Fitness
Examination, Testing and Evaluation Services for Peoria Fire
Department Commissioned Personnel**

The following is a request for proposal for medical/fitness evaluation services for Peoria fire department commissioned personnel. The evaluation procedures are part of the Wellness-Fitness Initiative established by the International Association of Fire Fighters and the International Association of Fire Chiefs, and as agreed upon between the City of Peoria and IAFF Local 50.

Unless specifically stated otherwise, any organization/individual responding to this RFP shall use the protocols and procedures as defined in the ***IAFF/IAFC Fire Service Joint Labor Management Wellness-Fitness Initiative, 4th Edition, 1999 (see website below) and must be 2018 NFPA 1582 compliant.*** Price quotations shall be provided in each of the provided spaces:

Year One - (\$ 84,105), Year Two - (\$ 84,105), Year Three - (\$ 84,105)

Any packaged price proposal for initial and/or annual evaluation shall include, without exception, each of the items outlined below. Price quotations must be provided for those items that are optional. The decision to implement these optional items rests with the fire department, not the organization/individual providing these services.

The IAFF/IAFC Fire Service Joint Labor Management Wellness-Fitness Initiative is a total program. All components, including the medical and fitness evaluation procedures, must be implemented. It is anticipated that the Initiative will provide the designated services to approximately 188 – 200 incumbent commissioned personnel. The effective date for the contract is November 1, 2022 and will be effective until December 31, 2025 with an optional two year contract extension ending December 31, 2027.

The main services to be provided in this Wellness-Fitness Initiative are:

- **Annual medical and fitness evaluation and tracking**
- **Individual Physical fitness Program**
- **Diet and weight management**
- **Health education**

Determination of the successful vendor will be based on the following factors: Pricing, Understanding of Department's needs, Organization and Staffing, Previous Relevant Experience, Overall Quality of Proposal, and Interview. It is the City's intent to select the response that best meets the needs of the City of Peoria Fire Department as expressed in this RFP. It is important for vendors to fully and accurately respond to any questions and pricing requests listed in the Request for Proposal. The City reserves the right to disqualify any candidate for the proposal process for incomplete responses or omission of requested information.

In addition to the item pricing sheets, please attach a narrative explaining your qualifications and experience relative to the factors of Understanding the Fire Department's Needs, your Organization and Staffing (and qualifications and

CITY OF PEORIA PRICE SHEET

<u>Individualized Health Risk Appraisal</u> ----->	Year One	\$ <u>Included</u>
	Year Two	\$ <u>Included</u>
	Year Three	\$ <u>Included</u>

Written feedback to uniformed personnel concerning health risks and health status is required following the annual examination. Reporting findings and risks and suggesting plans for modifying risks improves the physician-patient relationship and helps uniformed personnel claim ownership of their health status. Individualized health risk appraisals also must include questions that attempt to accurately measure the uniformed personnel's perception of their health. Health perception can be a useful indicator of potential problems.

<u>Medical History Questionnaire</u> ----->	Year One	\$ <u>Included</u>
	Year Two	\$ <u>Included</u>
	Year Three	\$ <u>Included</u>

An initial pre-employment history questionnaire must be completed to provide baseline information with which to compare future medical concerns. A periodic medical history questionnaire must be completed to provide follow-up information. Periodic questionnaires focus on changes in health status.

<u>Hands-on Physical Examination</u> ----->	Year One	\$ <u>400⁰⁰</u>
	Year Two	\$ <u>400⁰⁰</u>
	Year Three	\$ <u>400⁰⁰</u>

Vital Signs

Head, Eyes, Ears, Nose, and Throat

Neck

Cardiovascular

Inspection, auscultation, percussion and palpation.

Pulmonary

Inspection, auscultation, percussion and palpation.

Gastrointestinal

Inspection, auscultation, percussion and palpation.

Genitourinary

Hernia exam (Also, see cancer screening).

Rectal

(See cancer screening).

Lymph Nodes

The examination of organ systems must be supplemented with an evaluation of lymph nodes in the cervical, axillary, and inguinal regions.

Neurological

The neurologic exam for uniformed personnel must include a general mental status evaluation and general assessment of the major cranial/peripheral nerves (motor, sensory, reflexes).

ADDITIONAL:

- CASE MANAGEMENT: *120⁰⁰/HR
- HAZMAT EXAM: *55/TEST

Musculoskeletal

Includes an overall assessment of range of motion (ROM) of all joints. Additionally, observation of the personnel performing certain standard office exercises or functions is helpful in assessing joint mobility and function.

Body Composition ----->	Year One	\$ <u>Included</u>
	Year Two	\$ <u>Included</u>
	Year Three	\$ <u>Included</u>

By Bioimpedance (BIA) and/or Skinfold/Circumference Procedures

This evaluation is optional since the accuracy, reliability and practicality of evaluation methods vary. Technical research and data review is continuing which will allow a future determination to be made regarding the most accurate and consistent method for evaluating body composition of uniformed personnel. For the purposes of this Initiative, the International Database will not record body composition until such efforts are complete. Fire departments within the Initiative will continue to assess body composition using different methods to assist in the research.

Blood Analysis ----->	Year One	\$ <u>Included</u>
	Year Two	\$ <u>Included</u>
	Year Three	\$ <u>Included</u>

The following are components of the blood analysis. At a minimum, laboratory services must provide these components in their automated chemistry panel (aka SMAC 20) and complete blood count (CBC) protocols:

White Blood Cell Count

Differential

Red Blood Cell Count (Hematocrit)

Platelet Count

Liver Function Tests

Includes SGOT/AST, SGPT/ALT, LDH, Alkaline Phosphatase, and Bilirubin

Triglycerides

Glucose

Blood Urea Nitrogen

Creatinine

Sodium

Potassium

Carbon Dioxide

Total Protein

Albumin

Calcium

Cholesterol

Includes Total Cholesterol. Low Density Lipoprotein (LDL-C) level, High Density Lipoprotein (HDL-C) level, and Total Cholesterol/HDL Ratio

Urinalysis

Dip Stick ----->
Includes pH, Glucose, Ketones, Protein, Blood, and Bilirubin

Year One \$ Included
Year Two \$ Included
Year Three \$ Included

Microscopic ----->
Includes WBC, RBC, WBC Casts, RBC Casts, and Crystals

Year One \$ Included
Year Two \$ Included
Year Three \$ Included

Heavy Metal and Special Exposure Screening

Baseline testing for heavy metals following a known exposure, for recurrent exposures, or where required under federal, state or provincial regulations (e.g., OSHA standards).

Arsenic (urine) ----->

Year One \$ 155⁰⁰
Year Two \$ 155⁰⁰
Year Three \$ 155⁰⁰

Mercury (urine) ----->

Year One \$ Included
Year Two \$ Included
Year Three \$ Included

Lead (urine) ----->

Year One \$ 21⁰⁰
Year Two \$ 21⁰⁰
Year Three \$ 21⁰⁰

Lead (blood) ----->

Year One \$ Included
Year Two \$ Included
Year Three \$ Included

Aluminum ----->	Year One \$ <u>27⁰⁰</u>
	Year Two \$ <u>27⁰⁰</u>
	Year Three \$ <u>27⁰⁰</u>
Antimony ----->	Year One \$ <u>28⁰⁰</u>
	Year Two \$ <u>28⁰⁰</u>
	Year Three \$ <u>28⁰⁰</u>
Bismuth ----->	Year One \$ <u>60⁰⁰</u>
	Year Two \$ <u>60⁰⁰</u>
	Year Three \$ <u>60⁰⁰</u>
Cadmium ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>
Chromium ----->	Year One \$ <u>47⁰⁰</u>
	Year Two \$ <u>47⁰⁰</u>
	Year Three \$ <u>47⁰⁰</u>
Copper ----->	Year One \$ <u>27⁰⁰</u>
	Year Two \$ <u>27⁰⁰</u>
	Year Three \$ <u>27⁰⁰</u>
Nickel ----->	Year One \$ <u>66⁰⁰</u>
	Year Two \$ <u>66⁰⁰</u>
	Year Three \$ <u>66⁰⁰</u>

Zinc -----> Year One \$ 45⁰⁰
Year Two \$ 45⁰⁰
Year Three \$ 45⁰⁰

Organophosphates (RBC cholinesterase) -----> Year One \$ 35⁰⁰
Year Two \$ 35⁰⁰
Year Three \$ 35⁰⁰

Polychlorinated Biphenyls (blood) -----> Year One \$ 77⁰⁰
Year Two \$ 77⁰⁰
Year Three \$ 77⁰⁰

Vision Tests -----> Year One \$ 46⁰⁰
Year Two \$ 46⁰⁰
Year Three \$ 46⁰⁰

Assessment of vision must include evaluation of distance, near, peripheral, and color vision. Evaluate for common visual disorders including cataracts, macular degeneration, glaucoma, and diabetic retinopathy.

Hearing (Audiogram) -----> Year One \$ 53⁰⁰
Year Two \$ 53⁰⁰
Year Three \$ 53⁰⁰

Pulmonary (Spirogram) -----> Year One \$ Included
Year Two \$ Included
Year Three \$ Included

Chest X-Ray

Initial Baseline (For New Employees) -----> Year One \$ 120⁰⁰
Year Two \$ 120⁰⁰
Year Three \$ 120⁰⁰

Repeat Chest X-Ray (Every five years – mandatory; -----> Year One \$ 120⁰⁰
Year Two \$ 120⁰⁰
Year Three \$ 120⁰⁰

EKG(Resting) -----> Year One \$ Included
Year Two \$ Included
Year Three \$ Included

Cancer Screening Elements

Clinical Breast Examination-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Mammogram (Annual beginning at age 40) -----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Pap Smear-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Prostate Specific Antigen-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Annual on all male uniformed personnel who have a positive family history of prostate cancer or are African-Americans beginning at age 40. All male uniformed personnel beginning at age 50.

Digital Rectal Exam-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Fecal Occult Blood Testing-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Skin Exam-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Testicular Exam-----> Year One \$ PCP REFERRAL
Year Two \$ PCP REFERRAL
Year Three \$ PCP REFERRAL

Immunizations and Infectious Disease Screening

Tuberculosis Screen (Mandatory annual PPD) -----> Year One \$ 45⁰⁰
Year Two \$ 45⁰⁰
Year Three \$ 45⁰⁰

Hepatitis C Virus Screen (Baseline) -----> Year One \$ 54⁰⁰
Year Two \$ 54⁰⁰
Year Three \$ 54⁰⁰

Hepatitis B Virus Vaccine (Mandatory) -----> Year One \$ 125⁰⁰
 Year Two \$ 125⁰⁰
 Year Three \$ 125⁰⁰

Tetanus/Diphtheria Vaccine (Booster every 10 years) -----> Year One \$ 140⁰⁰
 Year Two \$ 140⁰⁰
 Year Three \$ 140⁰⁰

Measles, Mumps, Rubella Vaccine (MMR) -----> Year One \$ 150⁰⁰
 Year Two \$ 150⁰⁰
 Year Three \$ 150⁰⁰

Measles Vaccine-----> Year One \$ N/A
 Vaccine is required for all uniformed personnel born in or after 1957 if there Year Two \$ N/A
 is no medical contraindication and no evidence of at least one dose of live Year Three \$ N/A
 vaccine on or after one's first birthday.

Mumps Vaccine-----> Year One \$ N/A
 Vaccine is required for all uniformed personnel born in or after 1957 if there Year Two \$ N/A
 is no documentation of physician-diagnosed mumps, no adequate Year Three \$ N/A
 immunization with live mumps after their first birthday and no evidence of
 laboratory immunity.

Rubella Vaccine-----> Year One \$ N/A
 Vaccine is required unless proof of immunity is available. Year Two \$ N/A
 Year Three \$ N/A

Polio Vaccine-----> Year One \$ N/A
 Vaccine shall be given to uniformed personnel if vaccination or disease is not Year Two \$ N/A
 Documented. Year Three \$ N/A

Hepatitis A Vaccine----->

Vaccine shall be offered to high risk (HazMat, USAR, and SCUBA) and other uniformed personnel with frequent or expected frequent contaminated water exposures.

Year One \$ 190⁰⁰

Year Two \$ 190⁰⁰

Year Three \$ 190⁰⁰

Varicella Vaccine (Offered but not mandatory)----->

Year One \$ 165⁰⁰

Year Two \$ 165⁰⁰

Year Three \$ 165⁰⁰

Influenza Vaccine (Offered but not mandatory)----->

Year One \$ 55⁰⁰

Year Two \$ 55⁰⁰

Year Three \$ 55⁰⁰

HIV Screening (Offered but not mandatory)----->

HIV testing should be offered on a confidential basis as part of post-exposure protocols and as requested by the physician and patient.

Year One \$ N/A

Year Two \$ N/A

Year Three \$ N/A

Annual Fitness Evaluation----->

Year One \$ Included

Year Two \$ Included

Year Three \$ Included

Without exception, any organization/individual responding to this RFP shall provide or have access to the following evaluation equipment:

Aerobic Capacity----->
Gerkin Protocol (Treadmill)

Year One \$ Included

Year Two \$ Included

Year Three \$ Included

Push-up Evaluation ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>
Leg Strength Evaluation ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>
Arm Strength Evaluation ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>
Grip Strength Evaluation ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>
Curl-up Evaluation ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>
Flexibility Evaluation ----->	Year One \$ <u>Included</u>
	Year Two \$ <u>Included</u>
	Year Three \$ <u>Included</u>

The fitness protocols shall be used to determine the member's baseline level of fitness and to evaluate progress from year to year. All data collected by the evaluator is to be held confidential and maintained in the employee's confidential medical file. The evaluator can provide personalized exercise prescriptions to encourage the employee to maintain or improve his/her level of fitness.

Packaged Proposal for Medical and Fitness Examination, Testing and Evaluation Services

Cost Per Employee

Year One \$ 445⁰⁰
Year Two \$ 445⁰⁰
Year Three \$ 445⁰⁰

<u>Annual Total Cost (Figure on 189 Employees)</u>	Year One	\$ <u>84,105</u>
	Year Two	\$ <u>84,105</u>
	Year Three	\$ <u>84,105</u>

IAFF/IAFC Fire Service Joint Labor Management Wellness-Fitness Initiative, 4th Edition, 1999

https://www.iafc.org/docs/default-source/1safehealthshs/wfi-manual.pdf?sfvrsn=7931df0d_5

BOND INFORMATION

PLEASE NOTE:

In the ***Contract Terms***, Section B (Performance Bond) **shall not** apply for this bid letting. Section 1.19 of the ***General Instructions to Bidders*** (Prevailing Wages) **shall not** apply for this bid letting.

Prevailing Wage Information: ***Not applicable to this RFP***. All bids and contracts for the purposes of public works as defined and provided for by the Prevailing Wage Act (820 ILCS 130) shall obligate the prime contractor and all participating subcontractors not to discriminate in employment practices. "Public works" is defined as all fixed works constructed for public use by any public body, other than work done directly by a public utility company. The Act requires that the prevailing wage shall apply to public works projects. All wages paid by the contractor and each subcontractor shall be in compliance with the Act, as amended, except where a prevailing wage violates a federal law, order, or ruling, the rate conforming to the federal law, order, or ruling shall govern. The contractor shall be responsible to notify each subcontractor of the wage rates set forth in the contract and any revisions thereto. If the Illinois Department of Labor revises the wage rates, the contractor will not be allowed additional compensation on account of said revisions. For current prevailing wage rates, go to: <http://www.state.il.us/agency/idol/rates/rates.HTM>.

CITY OF PEORIA

BID PROPOSAL

The executing of this form certifies understanding and compliance with the total bid package.

BID SUBMITTED BY:

ROCK VALLEY PHYSICAL THERAPY # _____
Company (ROCK VALLEY HEALTH) Peoria EEO Certificate of Compliance Number


9901 KNOXVILLE AVE SUITE D
Address

PEORIA IL 61615
City State Zip

563-324-0008 563-210-8645
Daytime Telephone # After Hour Telephone #

KENNETH ASTA KENNETH.ASTA@ROCKVALLEYPT.COM
Contact Person (Please print or type) Email

KENNETH ASTA DIRECTOR OF EMPLOYER HEALTH SERVICES
Name of Authorized Agent or Officer Title


Signature of Authorized Agent or Officer

8/8/2022
Date



Making Better Lives.

Rock Valley
HEALTH

Firefighter Physicals RFP #28-22
City of Peoria

Submitted by Kenneth Asta

Director - Rock Valley Health
(Division of Rock Valley Physical Therapy)



Making Better Lives.
Rock Valley
HEALTH

August 8th, 2022

Chief Shawn Sollberger
City of Peoria Fire Department
505 NE Monroe
Peoria, IL 61603

Dear Chief Sollberger,

Rock Valley Health is pleased to present this proposal to provide firefighter physicals for your workforce with the City of Peoria Fire Department. Within this document, we strive to communicate Rock Valley Health's expertise in creating and administering a comprehensive firefighter physical program that aligns with your stated health goals and initiatives.

Based on your service request, our team would like to propose our firefighter physical program in partnership with Traekos Workforce Medicine, Labcorp and Mobile Health. The Rock Valley Health team and partners brings a high level of expertise, customized programming abilities and success ratings that can greatly benefit your workforce.

The Rock Valley Health truly appreciates your interest and we thank you for the opportunity to submit this proposal to work together. We look forward to partnering on your wellness initiative as we will all strive to accomplish your goals in obtaining a healthier workforce.

Please do not hesitate to contact me if you have any questions about this proposal or any other aspect of our services. You may reach me at (563)-324-0008 or kenneth.asta@rockvalleypt.com.

Sincerely,

Kenneth Asta, CHC, CSCS, MBA
Rock Valley Health Director

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1.0 INTRODUCTION TO ROCK VALLEY HEALTH

Rock Valley Health, a division of Rock Valley Physical Therapy, was launched in 2014 to help further our mission of 'Making Better Lives.' Through a passionate and customer centered team, Rock Valley Health is now serving over 3,000 wellness participants monthly within 14 states.

Rock Valley Physical Therapy is a customer centered, therapist led organization dedicated to improving the health of our communities. We were founded by Mark Levensen PT, OCS, FAAOMPT and Steve Layer PT, OCS in 1984. Through a dedicated workforce committed to this mission, Rock Valley has grown to over 400 employees working in 63 outpatient physical therapy locations throughout Iowa, Illinois and Nebraska. Rock Valley continues to be led by physical therapists with its ten shareholders and entire executive team still involved in patient care.

Administration Office

Rock Valley Physical Therapy
850 43rd Ave.
Moline, IL 61265
Phone: 309.743.2070

Services available:

- Orthopedic/Musculoskeletal injury rehabilitation
- Work Hardening/Work Conditioning
- Post-Offer Employment Test
- Functional Capacity Evaluation
- Specialized Hand Rehabilitation
- Injury prevention training
- Work Comp case management
- On-site services: injury treatment, injury prevention training, ergonomics, job analysis
- Virtual Physical Therapy Services: Musculoskeletal program for pain management
- Corporate Wellness
- Tactical Fitness Testing (Firefighter/Police Physicals)

2.0 PROGRAM DESCRIPTION

The Tactical Fitness and Wellness program was developed with the unique physical and environmental challenges of firefighters and law enforcement professionals in mind. These careers present a variety of unique physical challenges and environmental exposures which can cause serious — sometimes career-ending — physical as well as mental injury and illness.

The goal of this health and wellness program is to evaluate and help prevent injuries and exposure related health concerns. Dr. Matos's experience with the International Association of Firefighters as well as his extensive experience with preventing, diagnosing and treating chemical, biological and environmental exposures during his time in the military allowed us to develop a cost-effective and

comprehensive examination that helps monitor for the potential changes and disease processes that can occur due to these occupational exposures.

We believe in a comprehensive approach to personal health and wellbeing which considers the spectrum of risk factors across varying levels: individual, relationship, community, genetic and societal, all of which can impact the long-term health of emergency responders. The most effective approach to an individual's health should address each of these areas. Our process is holistic in its handling of the employee's situations (e.g., addressing medical, physical, emotional, financial, psychosocial, behavioral, and other needs), as well as that of their support systems.

The goal of this process is first and foremost focused on assessing the employee's needs and assisting them in the development of their personal health and wellness care plan. Often when it comes to personal health and mental health conditions, employees are hesitant to open up and share information about their mental health and physical health for fear of losing their jobs. Our team has experience with entering situations where there is low trust and high anxiety dynamics between employers and employees. We have placed an importance on relationship building and transparency with the first responder in these situations, which has been a key to the success of our Police and Fire Tactical Programs. We also acknowledge that the first responder and their family/support and the employer are all our customers. We place great importance on the overall satisfaction of the stakeholders with the care and services they receive from our entire care team.

Our program has been endorsed by the International Association of Fire Fighters and local Police unions. Our partners include the Harvard School of Public Health and Occupational and Environmental Medicine Program that has a grant to study firefighter health.

Testing/Services To Be Completed Outside of Rock Valley:

Rock Valley Health is capable of meeting the demands of all requested tests listed within the City of Peoria Firefighter Physicals RFP 28-22 with the exception of the following tests listed below. In order to offer the following tests listed below, Rock Valley Health can arrange off-site referrals with local providers within City of Peoria insurance network.

- Ultrasound
- Coronary Calcium Scoring
- Clinical Breast Examination
- Mammogram
- Pap Smear
- Prostate Specific Antigen
- Digital Rectal Exam
- Fecal Occult Blood Testing
- Skin Exam
- Testicular Exam
- Polio Vaccine
- HIV Screening

Rock Valley Health will provide all necessary testing equipment, with the exception of the treadmill(s) for the Gerkin Protocol.

Referral/Follow-Up Program:

A nurse case manager will assist the employee with establishing follow-up care appointments for any issues that are found during the examination. It should be noted that the follow-ups are considered personal in nature and not work-related. The nurse case manager works directly with the employee to seek care, but in the end, the pursuit of follow-up is the employee's choice and/or responsibility.

3.0 PROGRAM PARTNERS

Traekos Workforce Medicine:

We are a Service Disabled, Veteran Owned Small Business (SDVOSB) that works hard to understand our client's mission, operations, and needs while utilizing industry best practices to provide high-quality, personalized service. Our corporate mission is to improve outcomes, while meeting the needs of industry leaders and their employees. We provide consulting services for government outreach, data analysis, expert medical reviews, independent medical exams, process improvement, optimization of workflow, population health, disease prevention, occupational and wellness telemedicine and corporate wellness.

Traekos was founded by Peter Matos, DO. The company's focus is on people, processes, and outcomes - a concept of three or "Trae" which is the foundation for the company's work. The "kos" in Traekos is a nod to Hippocrates - considered "The Father of Medicine" - who was from the Greek island of Kos. As a former military physician, Dr. Matos had a unique opportunity to be both a consumer and a provider of onsite occupational medicine services. During his time in the military, he experienced a lack of consistency and customer service across the many different sites he oversaw. When Dr. Matos left the military, he founded Traekos to provide the high quality evidence based care and consulting services that were not previously available to him.

This year, the Department of Veterans Affairs awarded the company part of the Veteran Enterprise Contracting for Transformation and Operational Readiness (VECTOR) contract that covers general management and business support services to Veterans Affairs. <https://traekos.com/>

Labcorp:

We believe in harnessing science for human good. And so we work day and night, around the world, to deliver answers for all your health questions—whether you're a provider, drug developer, hospital, medical researcher or patient. That means everything from advancing diagnostic testing, to helping launch new drugs, to offering new perspectives through data, all drawing from a deep well of scientific expertise. So when you need trusted information to make clear, confident health decisions, consider us your source.

The groups we serve include managed care organizations, biopharmaceutical companies, governmental agencies, physicians and other healthcare providers, hospitals and health systems, employers, patients and consumers, contract research organizations, and independent clinical laboratories.

Mobile Health:

For 37 years and growing, Mobile Health has been an occupational health provider for businesses across the United States. Founded with a focus on the greater New York City area, Mobile Health has expanded to include Nationwide Coverage and now has 4,500+ locations which see over 500,000 patients per year. Services Mobile Health offers a complete range of screening and testing to ensure a healthy, safe, and compliant environment:

A Closer Look at the On-site Event

- Our professional team brings the people and supplies to your workplace.
- Mobile Health will provide the staff necessary to complete the exams during the on-site event.
- 2-4 weeks prior to your event, we will have a logistics planning call to review details and obtain employee demographic and exam information.
- Client will provide a private area to conduct the exams which includes (but not limited to) bathroom, sink, private exam area, water, tables, chairs, electric source, Wi-Fi, trash cans. Final detail to be determined during the logistics call.
- Client will manage the scheduling of employees for their exam.
- Medical records will be available in the client portal once results are finalized. In-Clinic, Next Day Appointments You can also come to us for any of our services. With over 4,500+ locations nationwide, each employee is bound to find a convenient location. This is a great option for employees who work remotely.

4.0 HEALTH RESOURCES TEAM

Kenneth Asta, CHC, CSCS, MBA - Rock Valley Health Director

Ken received his B.S. in Kinesiology from Northern Illinois University and Master's Degree in Business Administration from Western Illinois University. Ken is a Nationally Certified Health Coach with the American Council on Exercise and Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association.

Ken has 20 years of experience within the health, wellness and recreation industry. Ken's specialty is providing workplace wellness services to local companies in an effort to recognize health risks, educate employees on various health topics and measure health progress. Throughout his career, Ken has earned 2 national awards for his wellness program designs and implementation through the National Recreation and Parks Association.

Peter G. Matos, DO, MPH, FACOEM, FACPM

Dr. Matos has been providing Occupational Medicine for the U.S. Army and U.S. Army Reserves since 2001. Dr. Matos currently oversees the occupational health and medical surveillance for Whirlpool in Amana. As part of his Occupational Health training Dr. Matos participated in a residency at the International Association of Fire Fighters' (IAFF) Division. Dr. Matos has extensive experience in performing physicals and fitness for duty evaluations.

Dr. Matos received his BS in Biology and BA in Anthropology for George Washington University. He received his Doctor of Osteopathy from Chicago College of Osteopathic Medicine and his Masters of Public Health from Johns Hopkins University Bloomberg School of Public Health.

Kara Kurtz R.N., BSN - Registered Nurse/Wellness Manager

Kara earned a BSN in Nursing from St. Ambrose University. Her previous experience is with inpatient surgical patients. She was a relief charge nurse, family practice doctor's office (working with all age ranges), nurse at a long-term acute care hospital where she treated patients with multiple comorbidities i.e. neuro, cardio, pulmonary, wounds, diabetes.

Dustin Hawk, PT, DPT, OCS, TSAC-F – Five Points Clinic, Davenport

Dustin graduated with a Doctorate of Physical Therapy from St. Ambrose in 2018. He completed his orthopaedic residency in 2019 and is a Board-Certified Clinical Specialist in Orthopaedic Physical Therapy. Dustin has been working directly with the City of Davenport over the past 3 years working with injured workers, which included Fit for Duty testing for return to work. He is also a Certified as a Tactical Strength and Conditioning-Facilitator (TSAC-F) and provided fitness training specific to police and fire personnel.

Jeni Tackett, R.D. - Registered Dietitian

Jeni Tackett has over 19 years of experience in health and wellness industry. She has a master's degree in health science from Western Illinois University. Jeni is licensed in Illinois and Iowa, serves on the board of directors for Camp Abe Lincoln, and was recognized as Young Dietitian of the Year in 2001.

Hailey Jones, PTA – Health Coach/Personal Trainer

Hailey received her Bachelor of Science Degree from Iowa State University in Kinesiology with an emphasis in Exercise Science. She worked in a cardiac rehab setting as an Exercise Specialist for 5 years before returning to school to earn her degree as a Physical Therapist Assistant.

Kate Tryon – Health Coach

Kate received her BS in Exercise Science from Truman State University. She found that her passion is working with individuals to achieve their health goals. Helping people toward better health, and the ability to better enjoy life, is very fulfilling for her. Kate's goal is to educate each of her clients on a healthy lifestyle choices based on their individual needs.

Larry Ratigan – Ergonomic Specialist, PTA, CEAS, CIEE

Larry received his undergraduate degree from Iowa State University in Kinesiology/Exercise Science. He earned a degree as a Physical Therapist Assistant and has two Ergonomic Specialist Certifications. Larry's certifications include: Certified Ergonomics Assessment Specialist levels I,II, III, Work Services Quality & Development Specialist and Certified Industrial Ergonomics Evaluator

5.0 PROGRAM CONTACT

KENNETH ASTA, DIRECTOR

Rock Valley Health

309-743-2071

kenneth.asta@rockvalleypt.com



City of Peoria Firefighter Physicals RFP #28-22

REFERENCES

Chief Mike Carlsten

Fire Chief | Davenport Fire Department

City of Davenport

T 563-326-7942

331 Scott Street, Davenport, IA 52801

Mike.Carlsten@davenportiowa.com

Captain Jamie Brown

Patrol Division Commander | Police Department

City of Davenport

T 563-326-7787

416 N. Harrison St., Davenport, IA 52801

Jamie.Brown@davenportiowa.com

Chief Steve Knorrek

Fire Chief

City of Bettendorf

563-344-4149

1609 State Street Bettendorf, IA 52722

sknorrek@bettendorf.gov