CANDIDATE FOLLOW-UP ACTIONS THAT MAY BE REQUIRED

Q-1: I received a Reserved Status letter that I have a medical condition that I was not previously aware of. What do I do?

A-1: BHS’s role is limited to determining whether you are medically qualified for appointment. BHS is not your health care provider. BHS is not required to and will not report to you all of the medical follow up that you may require, such as medications, surgery, or other treatment.

However, BHS will report on the Reserved Status letter those medical conditions that it has observed that will medically disqualify you from appointment. If you wish to be hired as a Firefighter, it is your responsibility to take any actions to address the medical conditions listed on the Reserved Status letter, so that you may be medically qualified for appointment. If a medical condition is reported on the Reserved Status letter, you are strongly encouraged to consult with your own medical services provider. If you disagree with the condition(s) stated on the Reserved Status letter, you may submit documentation to BHS within the deadline stated on the letter.

With respect to some conditions, the FDNY will offer free diagnostic testing to confirm some conditions, but not as a form of medical treatment to you. The FDNY will not pay for any treatment that you may require to correct a medical condition.

Q-2: What conditions may I need to follow up on?

A-2: Below, we have listed conditions that have been reported in prior Reserved Status letters and the type of follow up that may be required. Follow up that is required will be unique to each candidate.

(a) **Condition: Abnormal Blood Pressure**

What BHS May Require:

- Documentation from your personal treating physician stating whether your blood pressure is typically normal or abnormal, whether medication is required, the name and dose of the medication, and whether your blood pressure is now well controlled. The use of certain medications for abnormal blood pressure may not be appropriate for the job of a Firefighter.
• The results of an echocardiogram, generally done to ensure that there is no heart
damage. If these results are required, BHS will offer to schedule you for an
echocardiogram at no cost to you.

(b) **Condition: Abnormal Orthopedic Condition**

What BHS May Require:

• The results of an X-ray. BHS will offer to schedule you for an X-ray at no cost to you.

• The results of an evaluation by an orthopedist. If this is required, BHS will schedule
you for an appointment with a FDNY orthopedist.

(c) **Condition: Abnormal Electrocardiogram or a History of Heart Illness/Limitation**

What BHS May Require:

• The results of a Holter Monitor. A Holter Monitor is a portable device that monitors
and records your heart’s electrical activity. You may be required to wear the Holter
Monitor for a 24 hour period, so that BHS gets the results that cover this period.

• The results of a stress test. If these results are required, BHS will offer to schedule
you for a stress test at no cost to you.

• The results of an evaluation by a cardiologist. If this is required, BHS will schedule
you for an appointment with a FDNY cardiologist.

(d) **Condition: Failure to Complete or to Meet Requirements of Pulmonary Function Test**

What BHS May Require:

• The results of another pulmonary function test. If this is required, BHS will schedule
you for another pulmonary function test.

• The results of a methacholine challenge test. If this is required, BHS will offer to
schedule you for this test at no cost to you.

• The results of a chest CT scan. If this is required, BHS will offer to schedule you for
this test at no cost to you.

• An evaluation by a pulmonologist. If this is required, BHS will schedule you for an
appointment with a FDNY pulmonologist.
(e) **Condition: Abnormal Blood Glucose or History of Diabetes**

What BHS May Require:

- The results of another blood test of your glucose level that tests for your hemoglobin A1C level. This testing will help determine if this is an isolated event or a sign of diabetes.

(f) **Condition: Diabetes**

What BHS May Require:

- A note from a physician outlining treatment as well as evidence of control over the last year. The note must specifically address hypoglycemic episodes, an ophthalmic (eye) exam showing no evidence of diabetic retinopathy, and kidney studies to ensure there is no renal disease. If you cannot provide evidence of control over the last year you may wish to consider temporarily declining being considered for appointment, which is described in more detail in [Q-11/A-11 and Q-30/A-30 in the “FAQs Part 1 – Medical Exam General Information.”](#)

(g) **Condition: Abnormal Kidney Function (Which May Include High Level of Creatinine in Blood)**

What BHS May Require:

- The results of another blood test. If this is required, BHS will offer to schedule you for another test, at no cost to you.

- The results of a kidney ultrasound. If this is required, BHS will offer to schedule you for another test at no cost to you.

(h) **Condition: Abnormal Liver Function**

What BHS May Require:

- The results of another blood test. If this is required, BHS will offer to schedule you for another test, at no cost to you.

- The results a medical evaluation to be conducted by to be conducted by a hepatologist or gastroenterologist.

- The results of a liver ultrasound. If this is required, BHS will offer to schedule you for another test at no cost to you.
(i) **Condition: Anemia (Low Red Blood Cell Count)**

What BHS May Require:

- The results of another blood test, that will check for iron levels/hemoglobin electrophoresis. If this is required, BHS will offer to schedule you for another test at no cost to you.

- Results of an evaluation by a hematologist, which you will be required to schedule at your own expense.

(j) **Condition: Abnormal White Blood Cell Count**

What BHS May Require:

- The results of another blood test that will specifically check for signs of infection or leukemia. If this is required, BHS will offer to schedule you for another test at no cost to you.

- Results of an evaluation by a hematologist, which you will be required to schedule at your own expense.

(k) **Condition: Low Blood Platelet Count**

What BHS May Require:

- The results of another blood test that will specifically check for a bleeding disorder. If this is required, BHS will offer to schedule you for another test at no cost to you.

- Results of an evaluation by a hematologist, which you will be required to schedule at your own expense.

(l) **Condition: Obesity**

What BHS May Require:

- Weight loss. Candidates must fall within the “Ideal Weight for FDNY Firefighter Candidates” found in Appendix C of the Bureau of Health Services Guidance for Firefighter Candidates Concerning Medical Assessment. We strongly recommended that you consult with your medical services provider before assuming any weight loss regimen.
Q-3: What medical follow-up will the FDNY pay for?

A-3: If required, BHS will schedule and pay to have the following tests conducted at no cost to you:

- Blood and/or Urine Testing (you may be instructed to fast (not eat) prior to providing a blood sample). These tests are often required for conditions such as: elevated blood sugar, diabetes, abnormal liver or kidney function, or abnormal cell counts such as low platelets.

- Full pulmonary function testing, a methacholine challenge test and/or a chest CT scan. These tests may be required if you show signs of certain pulmonary conditions, like asthma.

- Echocardiogram or stress test. These tests might be required if you show certain cardiac conditions, such as valve problems.

- Imaging (x-ray, CT or MRI scans) of the joint or bones. These tests might be required if you have certain orthopedic issues.

Q-4: Can I submit a letter from my doctor stating that I am medically qualified for hiring as a Firefighter?

A-4: Yes. BHS will consider medical documentation and opinions from you doctor. However, the decision as to whether you are medically qualified is solely BHS’s decision, and we may disagree with your doctor’s opinion.