Bryan Fire Health & Wellness Program

Empowering our firefighters with comprehensive wellness support and resources that transform individual health into department-wide excellence.

We provide accessible, elite-level care and actionable plans that address NFPA 1582 standards while reducing injuries, illnesses and line-of-duty deaths through a lifestyle of prevention and early intervention.



What the Health & Wellness Program Delivers

Our comprehensive approach combines prevention, treatment and performance optimization to support every firefighter's health journey.



Injury Risk Assessments

Proactive screenings identify vulnerabilities before they become injuries



On-Site Physical Therapy

Immediate access to treatment accelerates recovery and prevents complications



Wellness Education

Expert-led presentations on nutrition, mental health, and injury prevention



Customized Programming

Tailored workout plans and fitness challenges that build job-specific strength

Strategic Support

Nutrition consultations, health policy guidance, and data-driven performance tracking

Comprehensive Care

From fitness challenges to administrative support, we address every aspect of firefighter wellness with evidence-based interventions

Dramatic Reduction in Injuries & Costs

Our program delivers measurable results that protect both firefighters and department resources through faster treatment and better outcomes.

90%

Fewer Light Duty Days

Reduced from 125.8 days before the program to just 12.2 days with comprehensive wellness support

360%

Cost Reduction

Workers' compensation costs per non-surgical claim decreased dramatically

$3,397

Savings Per Claim

Average reduction in workers' compensation costs over the last three years

Faster Treatment Access

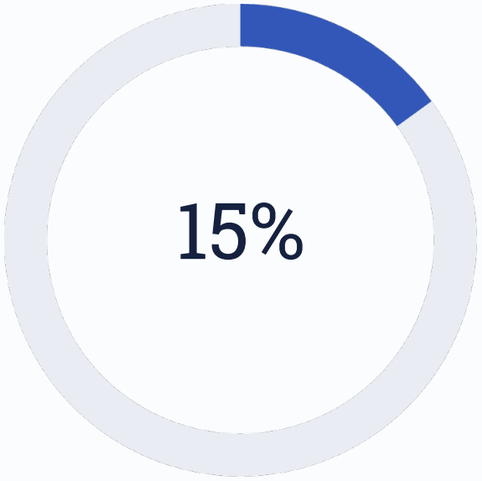
Firefighters receive care immediately, leading to significantly better recovery outcomes and reduced complications

Streamlined Referrals

Direct connections to the right specialists accelerate clearance for return to full duty, minimizing downtime

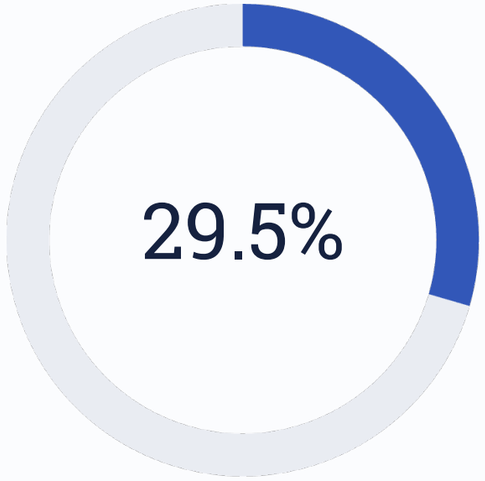
Preventing Life-Threatening Conditions

The Health & Wellness Program has achieved remarkable success in reducing cardiovascular disease and diabetes risk—the leading causes of firefighter line-of-duty deaths.



Diabetes Risk Reduction

Four firefighters reversed pre-diabetic status, with zero progression to diabetes



CVD Risk Reduction

Through improvements in visceral fat, VO2max, body composition, and blood lipids



MACE Events Avoided

Major Adverse Cardiovascular Events prevented over three years (non-fatal heart attacks (myocardial infarction), non-fatal strokes, and cardiovascular death)

Without intervention, **15-30%** of pre-diabetic individuals progress to diabetes over three years. Our program prevented an estimated **3-7** new diabetic cases while avoiding **6.3-11.1** major adverse cardiovascular events including heart attacks, strokes, heart failure, and unplanned procedures.

Building a Culture of Lifelong Wellness

Our Vision Forward

Creating a department where health and wellness are foundational, not optional

Our initial group-wide approach successfully established the program's foundation. Now, with comprehensive datasets from blood work, fitness testing, and enhanced NFPA 1582 assessments, we're entering a new phase of personalized, strategic support.

01

Prioritize High-Risk Firefighters

Focus intensive resources on those who need the most urgent health interventions first

02

Support All Performance Levels

Work systematically across the department to optimize health outcomes for every firefighter

03

Learn from Top Performers

Identify and share the strategies that keep our healthiest firefighters thriving long-term

04

Embed Wellness Culture

Ensure new generations of firefighters experience health-first practices as the standard from day one

> The future of firefighter wellness isn't just about programs—it's about creating a culture where every generation knows nothing but excellence in health, safety, and performance.