

# LIFE SCAN *Saving the Lives of America's Heroes*



**Tampa Police Department is happy to announce they are offering Life Scan Wellness physicals.**

## Public Safety Physicals that Save Lives

With a focus on early detection and prevention, Life Scan Wellness Centers offers a thorough health evaluation as well as recommendations for achieving and maintaining a long term healthy lifestyle and managing medical risks to prevent fatalities. Each Life Scan exam includes a confidential comprehensive medical evaluation, ultrasound imaging, cardio-pulmonary assessments, vision and hearing test, and extensive laboratory blood profiles.

### Scheduling Instructions:

Call 727-258-4817 to schedule an appointment at the Tampa Clinic.

Complete lab and/or x-ray scripts located at the link below and bring with you to appointment.

<https://www.tampa.gov/human-resources/voluntary-wellness-physicals-sworn-employees>



**LIFE SCAN**  
Wellness Centers

YOUR PARTNERS IN PREVENTION  
WELLNESS PHYSICALS

### Comprehensive Medical Exam

- Physical Exam
- Vital Signs
- Vision and Hearing
- Hemocult Test
- Skin Cancer screening
- Consultation with review of results and a personalized health plan

### Ultrasound Imaging

- Echocardiogram of Heart
- Carotid Arteries
- Aorta and Aortic Valve
- Thyroid
- Liver, Pancreas, Gall Bladder, Kidneys, Spleen and Bladder
- Women: Ovaries and Uterus
- Men: Testicular and Prostate

### Cardio-Pulmonary:

- Cardiac Treadmill Stress Test with EKG
- Electrocardiogram
- Pulmonary Function Test (Spirometry)

### Laboratory Analysis:

- Comprehensive Metabolic Panel
- Complete Blood Count
- Total Lipid Panel (cholesterol panel)
- Thyroid Panel
- Diabetes Test
- Urinalysis
- Men: PSA Prostate Cancer Test
- Women: Ovarian Cancer Test

### Fitness Analysis

- Wellness Fitness Initiative
- Metabolic Analysis with Body Fat
- Strength, Endurance, and Flexibility tests
- Diet and Nutritional Recommendations
- Personal Exercise Prescription



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