

MEDICAL EXAMINATION FAQs – PART 15

CANDIDATE FOLLOW-UP ACTIONS THAT MAY BE REQUIRED

Q-1: I received a Candidate Discharge Report that lists a medical condition. What do I do?

A-1: On the Candidate Discharge Report, the FDNY will list those medical conditions that it has observed that may medically disqualify you from appointment as a Firefighter. 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 Candidate Discharge Report so that you may be medically qualified for appointment. If a medical condition is reported on the Candidate Discharge Report that requires treatment (for example, obesity, high blood pressure, diabetes), you are strongly encouraged to consult with your own medical services provider. If you disagree with the condition(s) stated on the Candidate Discharge Report, you may submit documentation to FDNY Bureau of Health Services (“BHS”) within the deadline stated on the notice.

With respect to some conditions, the FDNY will offer free diagnostic testing to determine if you have particular conditions. (Please refer to [Q-3/A-3](#) and [Q-4/A-4](#) below for examples of testing the FDNY will pay for and testing/services the FDNY will not pay for.) This testing is not being provided as a form of medical treatment. The FDNY’s role is limited to determining whether you are medically qualified for appointment. BHS is not your health care provider. BHS will not treat medical conditions and 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.

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

A-2: Below, we list common conditions and the type of follow up that may be required. The exact 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 an 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 treadmill exercise 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 an 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 an 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 determines 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-28/A-28 in 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 of a medical evaluation 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 “Table of Target Weight for FDNY Firefighter Candidates” found in Appendix C of the [Firefighter Candidate Medical Examination Guidance](#). We strongly recommended that you consult with your medical services provider before starting any weight loss regimen.

Q-3: What medical tests will the FDNY pay for?

A-3: If required, BHS will schedule and pay to have the following tests conducted at an FDNY-approved outside provider 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: What medical tests will the FDNY not pay for?

A-4: If you are given the option of having FDNY pay for an FDNY-approved outside provider to conduct required diagnostic tests and you choose to have those tests conducted by your own doctor or another unapproved provider, those tests will be performed at your own expense.

The FDNY also will not pay for other types of outside medical testing. For example, the following types of medical testing or services must be obtained at your own expense:

- An opinion from a medical services provider that is being obtained to refute the findings which have been made by BHS; or
- Any treatment or consultation you seek in response to a condition reported on your Candidate Discharge Report, such as diabetes, hypertension, orthopedic conditions, or obesity. Although certain conditions may impede your appointment as a Firefighter, you are required to pay for any medical treatment(s) that you seek to address a condition. There is no guarantee that treating a condition will be enough to qualify you for appointment.

Q-5: Can I submit a letter from my doctor explaining his/her opinion why I am medically qualified for hiring as a Firefighter?

A-5: Yes. The FDNY will consider medical documentation and opinions from you doctor. However, the decision as to whether you are medically qualified is solely the FDNY's decision, and we may disagree with your doctor's opinion.