



Frequently Asked Questions (FAQ)

What services are included in the DIA Total Worker Health™ program?

Core services include:

- Over-the-phone or in-person health status evaluation
- General primary care examination
- Coordinated referrals to specialists
- Health coaching to increase motivation for health behavior changes

Optional services include:

- Cardiac consult and attendant diagnostics
- Diabetes prevention program
- Tobacco cessation counseling
- Stress management program
- Mental health services
- Occupational medicine evaluations for on the job injuries and illnesses

How can I enroll?

Complete the attached enrollment form and return it in the self-addressed envelope to One Gustave L. Levy Place, Box 1057, New York, NY 10029.

How will the program work?

After following a confidential, over-the-phone health impact assessment with a health coach, you will be contacted by a Mount Sinai coordinator to schedule your primary care examination. Your primary care physician will provide you personalized services and any necessary referrals to specialists depending on your individual care needs.

What is a health impact assessment?

A health impact assessment (HIA) is a health questionnaire to provide a baseline assessment of your physical and mental health status and any health risks you may face on-the-job. The health assessment, in addition to the biometrics collected by your doctor, will generate a personalized health report that identifies health risks and changes you can make to reduce them.

How long is the health impact assessment?

The initial health assessment can be completed over-the-phone and will take about 30 minutes.

What can I expect at my primary care examination?

Your primary care examination will include a measurement of your height, weight, blood pressure, pulse, waist circumference, and a blood test (either finger stick or venipuncture) to collect your blood glucose, total cholesterol, HDL cholesterol, LDL cholesterol, and triglycerides. You will also have the opportunity to discuss any other health-related questions or concerns with the doctor. Please fast for 9 hours (except water and prescribed medication) prior to completing the blood test for accurate results.



Will the DIA or my employer have access to health information?

No. Your health information will be treated confidentially and will not be disclosed to DIA or your employer.

If I have my own primary care physician, do I need to see a Mount Sinai primary care physician?

Yes. In order to participate in the program, members need to be seen by one of the Mount Sinai primary care physicians.

How is the program covered?

The initial visit with a Mount Sinai primary care physician and any subsequent visits with a specialist within the Mount Sinai Primary Care Faculty Practice Associates will be submitted to your health insurance, GHI.

Am I responsible for co-payments?

Yes. You are responsible for any co-payment or other out-of-pocket costs as determined by your health insurance.

What is the Mount Sinai Primary Care Faculty Practice Associates?

The Mount Sinai Primary Care Faculty Practice Associates is a primary care facility that offers personalized service and comprehensive care. Their physicians routinely treat adults with all sorts of medical needs, ranging from diabetes, high blood pressure, and weight problems to sleep disorders and respiratory problems. They are conveniently located on Manhattan's Upper East Side in Mount Sinai's Center for Advanced Medicine on the fifth floor. Their primary care doctors see patients six days a week in their new, state-of-the-art facility, which offers patients access to quality care in a private practice environment. It's easy to get an appointment and their helpful staff is there to provide you with top-quality service from the moment you walk in the door.

What are the Selikoff Centers for Occupational Health?

The Mount Sinai Selikoff Centers for Occupational Health are recognized nationally and internationally as leaders in the field of occupational medicine. Their doctors offer cutting-edge and compassionate occupational health prevention and treatment services to workers as well as through unions, employers, and medical providers. Through a focus on prevention, safe workplaces, and proactive response to occupational health issues, they strive to keep workers and their workplaces healthy. Their physicians are experts in preventing, diagnosing, and treating work-related injuries and illnesses.



Mount Sinai *Selikoff Centers*
for Occupational Health

Detective Investigators Association Total Worker Health™ Program



What is the National Diabetes Prevention Program (NDPP)?

The Selikoff Centers National Diabetes Prevention Program (NDPP) is an evidence-based lifestyle change program for preventing type-2 diabetes. Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (1 per week) and 6 post-core sessions (1 per month). Participants must qualify for the program in order to participate.

What is a stress management program?

The stress management program offers a supportive, therapeutic model to examine the interrelationship of mind and body and how that relates to stress. The program teaches stress management tools, such as meditation, imagery, biofeedback and breathing techniques to promote balance and increased capacity for happiness and health. The program is offered to groups of 5 to 10 participants as well as individual sessions.