

April 8, 2025

Honorable Mayor and City Council
City of Long Beach
California

RECOMMENDATION:

Recommendation to authorize the City Manager, or designee, to execute all documents necessary to amend Contract No. 36893 with JS MD Sigma PLLC, of Kempner, TX, for providing onsite cardiovascular biomarker detection, vascular imaging, and cardiopulmonary exercise testing to identify coronary disease and occupational stressors, to increase the contract amount by \$200,000, for a revised contract amount not to exceed \$400,000. (District 1)

DISCUSSION

City Council approval is requested to amend Contract No. 36893 with JS MD Sigma PLLC (Sigma) to continue providing onsite cardiovascular biomarker detection, vascular imaging, and cardiopulmonary exercise testing to identify coronary disease, commonly found in law enforcement personnel.

At its meeting on April 16, 2024, the City Council awarded a contract to Sigma as part of its adoption of Resolution No. RES-24-0059 to provide onsite cardiovascular biomarker detection, testing to identify coronary disease, for a period of two years.

The onsite cardiovascular biomarker detection helps prevent potential heart attacks by facilitating the development of personalized health modification plans and connecting individuals to additional health resources. During Phase 1 of the program, over 250 employees participated, and many have since taken proactive measures to reduce their cardiac risk. Increasing the contract amount will allow the Long Beach Police Department (LBPD) to extend biomarker detection to an additional 260 personnel, providing them with the same vital health information.

Multiple published studies have found that, compared to the general population, law enforcement personnel exhibit some of the poorest cardiovascular disease (CVD) health profiles of any occupation. Law enforcement requires unpredictable and stressful bursts of intense and strenuous physical activity, placing high demand on the cardiovascular system. The LBPD has experienced an increase in both on and off-duty cardiac incidents in recent years. These incidents add to the already high levels of job-related stress, frequently attributed to shift work and the potential for witnessing or experiencing violent events. The LBPD is committed to supporting both the psychological and physiological wellness of its personnel, so that they may in turn provide optimum service to the Long Beach community. The increased contract amount would allow an additional 260 sworn and civilian personnel, to participate in the program. The cost of the program will be covered as follows. First, LBPD will require a 10 percent cost share

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from program participants. The remaining 90 percent of the cost for each evaluation will be paid by the LBPD.

LBPD has been awarded funds from the Board of State and Community Corrections (BSCC) Officer Wellness and Mental Health Grant to conduct programs designed to improve sworn peace officers' Physical Health; Mental and/or Emotional Health. LBPD will use funds from this grant to cover the LBPD's share of program costs for sworn peace officers. LBPD will cover its share of the costs for civilian employees using identified operating funds.

This wellness program will ensure front-line LBPD staff are being screened for heart disease at an early stage so that action can be taken by the participant to avoid fatal health problems.

This matter was reviewed by Purchasing Agent Michelle Wilson on March 14, 2025, Budget Management Officer Nader Kaamoush on March 19, 2025, and by Deputy City Attorney Eliezer Ben-Schmuel on March 21, 2025.

TIMING CONSIDERATIONS

City Council action to amend Contract No. 36893 is requested on April 8, 2025, to ensure there is no interruption to services.

LEVINE ACT

This item is subject to the Levine Act. The Mayor, Councilmembers, and Commissioners who have received a contribution of more than \$500 within 12 months prior from a party, participant, or their representatives involved in this proceeding may do either of the following: (1) disclose the contribution on the record and recuse themselves from this proceeding; OR (2) return the portion of the contribution that exceeds \$500 within 30 days from the time the elected official knew or should have known about the contribution and participate in the proceeding.

All parties, participants, and their representatives must disclose on the record of this proceeding any contribution of more than \$500 made to the Mayor or any Councilmembers within 12 months prior to the date of the proceeding. The Mayor, Councilmembers, and Commissioners are prohibited from accepting, soliciting, or directing a contribution of more than \$500 from a party, participant, or their representatives during a proceeding and for 12 months following the date a final decision is rendered.

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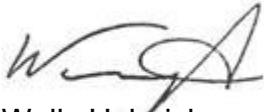
FISCAL IMPACT

The requested action increases the contract authority with JS MD Sigma PLLC by \$200,000, for a revised contract total amount not to exceed \$400,000. For those who choose to participate, Long Beach Police Department (LBPd) will require a 10 percent cost share from program participants. The remaining 90 percent will be paid by LBPd. The LBPd share of contract costs for civilian staff will be absorbed using identified general operating funds in the General Fund Group. The contract costs for evaluations of sworn peace officers will be offset by the Board of State and Community Corrections (BSCC) Officer Wellness and Mental Health Grant funds that are currently budgeted in the General Grants Fund Group in the Police Department. The total cost will depend on the number of participants who elect to enroll in the program. This recommendation has no staffing impact beyond the normal budgeted scope of duties and is consistent with existing City Council priorities. There is no local job impact associated with this recommendation.

SUGGESTED ACTION:

Approve recommendation.

Respectfully submitted,



Wally Hebeish
Chief of Police
Police Department

APPROVED:



THOMAS B. MODICA
CITY MANAGER