



**Mount  
Sinai**

*Selikoff Centers for  
Occupational Health*

# HealthBeat@Mount Sinai

## IMPORTANCE OF MONITORING

If you have not been back for your monitoring exam in more than a year, please call us at 1-888-702-0630 and schedule your next appointment. By staying up to date with your annual medical monitoring exam, you can:

- ◆ **Detect changes and optimize your health.** This extensive annual medical monitoring exam is designed to screen for any subtle changes in your health leading to more effective treatment.
- ◆ **Get the expert care.** Often times, 9/11 responders are not aware that their physical and mental health concerns might be related to WTC exposure. Our medical providers are experts in identifying those conditions and providing you with the highest quality of care.
- ◆ **Gain access to WTC related benefits.** Our benefits coordinators can assist you in understanding and applying for benefits and services available both inside and outside of the WTC Health Program.
- ◆ **Help other first responders.** Your ongoing participation in the program allows our physicians to understand the full health effects of the 9/11 response. Each visit makes a valuable contribution to understanding the health care outcomes of rescue and recovery workers now and in the future.
- ◆ **Protect yourself and your family.** Just as you were proactive in your 9/11 response, now is the time to be proactive about your health care needs.



## Welcome!

Dear WTCHP Member,

Welcome to the first edition of our quarterly electronic publication: the WTCHP HealthBeat at Mount Sinai! The HealthBeat will keep you updated on news from the Clinical Center of Excellence (CCE), the Providers, and the World Trade Center Health Program (WTCHP).

Whether you are a new enrollee, or an established member, we want to remind you of services available at the CCE at no cost to you: medical monitoring and treatment examinations, mental health services and benefits counseling, cancer screenings, and prescription benefits. In the event you are diagnosed with a WTC-related condition, the Program will provide you with top-notch treatment and prescription benefits at no cost to you.

I cannot stress enough the importance of adhering to the annual medical monitoring examinations. Every time you complete an annual medical monitoring visit, we become better able to predict, diagnose and treat health problems experienced by many 9/11 responders across the country. Monitoring examinations are invaluable in our understanding of 9/11 health effects. Please read

*Importance of Monitoring* to learn more about the many benefits this examination offers to your health and to the health of others.

We are thrilled to call your attention to the Reauthorization of the James Zadroga Health and Compensation Act. Since 2002, we have been screening, diagnosing, and treating WTC rescue and recovery workers and volunteers, and with this extension of Zadroga until 2090, we are committed to 75 more years of supporting those who responded to the call of duty when it mattered most.

We are grateful for your brave service in the rescue and recovery effort. On behalf of everyone here at the Program, I want to thank you for all your hard work throughout the recovery, and every day since. Enjoy the inaugural WTCHP Mount Sinai Healthbeat!

Warm Regards,

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