



Fire Department – **Health and Wellness Resources**

A goal of the Oceanside Fire Department is to promote and maintain the highest level of health, fitness, and productivity of Oceanside Fire Department members through coordinated programs and resources consisting of:

- Annual Medical and Physical Fitness Tracking
- Mental Health Education and Counseling
- Toxic & Infectious Disease Exposure
- Evaluation and Treatment of Industrial Injuries
- Reasonable Accommodation Program
- Transitional Work Program
- Fitness Equipment Management: Acquisition, Preventative Maintenance, Repairs and Replacement

Click on active links to view detailed instructions and contacts for the Health and Wellness resources offered:

Annual Medical and Physical Fitness Tracking

- Santa Ana Wellness: Dieticians, physical therapists, personal training, etc. are offered free of charge
- Program Director, Kris Ross, Santa Ana College (714) 564-6864 ross_kristina@sac.edu
- Physical Therapist, Joe Walker (760) 681-6787

Mental Health Education and Counseling

- [Coherence Associates Inc](#)
- Confidential, no cost counseling sessions for firefighters and joint sessions with firefighter and spouse. (760) 942-8663
- [Employee Assistance Program \(EAP\)](#)
- Just call [\(833\) 954-1067](tel:8339541067) or visit anthemEAP.com and enter **PRISM**. EAP services are available to you and members of your household for free. Everything you share is confidential and stays between you and EAP.

Toxic & Infectious Disease Exposure Control

- [\(OFD Communicable Disease Exposure Flow Chart\)](#)

Evaluation and Treatment of Industrial Injuries

- [What to Do If You Get Injured at Work](#)
- [Work Injury Reporting](#) (must be logged into city computer or remote connection)

Reasonable Accommodation Program and Transitional Work Program

- [\(City of Oceanside AD-30\)](#)