



SPRING 2026

Vital Signs

Essential News from Your HealthCare Trust



Photo by Stephen Baer

**Take Control of
Your Physical,
Mental, and
Financial Wellbeing**

Inside:

Lower your risk of cancer

Meet your new Station 2 Clinic team members

Discover Youturn Health's virtual
mental health support services

Take Control of Your Cancer Risk

For too long, cancer has been seen as an unavoidable risk for fire fighters. But as Station Two Clinic Medical Director Dr. Marcie Hamrick recently noted, the conversation is moving from acceptance to action—and you have the power to take meaningful steps to protect your health and future.

The science is clear: fire fighters face a higher risk of cancer, including twice the risk of testicular cancer and 1.25 times the risk of prostate cancer compared to the general population. This “double whammy” results from unavoidable occupational exposure to carcinogens and lifestyle factors you can control. Remember, an “elevated risk” doesn’t mean a guarantee.

You have the power to influence your on-the-job exposures and lifestyle choices. Our recently published guide, based on Dr. Hamrick’s insights, cuts through the noise to provide clear facts on the most effective ways forward, including actionable on-the-job steps you can take and essential screenings that save lives. It also helps you understand how the

effectiveness of some newer tests compares to the traditional, proven methods.

Your most powerful defenses against cancer are within your control: Focus on proven safety measures at work, prioritize lifestyle changes, and above all, follow through with your AFFME and all recommended standard cancer screenings.

Learn more

Read **“Taking Control: Your Guide to Cancer Screening and Risk Reduction”** on our website.



Listen to the Listen Up Season 2, Episode 3 podcast, **“Fire Fighter Cancer Screening”** with Dr. Hamrick.



The Station 2 Clinic Team is Growing to Better Serve Your Needs

We're excited to welcome Dr. Ariel Ehrlich and Dr. Molly Baggett to the Station 2 Clinic team. You'll enjoy getting to know these two talented healthcare providers.

Ariel Ehrlich, M.D.

Dr. Ehrlich graduated from Case Western Reserve University School of Medicine and specializes in family practice.

Molly Baggett, M.D.

Dr. Baggett earned her medical degree from Michigan State University College of Human Medicine and completed her family medicine residency at Swedish Family Medicine in Seattle. She also specializes in family practice.

Read "Meet Our New Station 2 Clinic Physicians" on our website to learn more about Dr. Baggett and Dr. Ehrlich.



Ariel Ehrlich, M.D.



Molly Baggett, M.D.

New Mental Health Support Services from Youturn Health



The Trust is pleased to introduce Youturn Health, a confidential virtual support program now available to all active members, retirees, and their families at no cost. This benefit is specially designed for the first responder community.

The heart of Youturn Health is peer support from individuals who truly understand. You'll be paired with trained and certified coaches who share similar lived experiences—people who know what it's like to operate in high-stress, high-stakes environments.

Youturn offers three primary services:

- Unlimited peer coaching
- A comprehensive online learning platform
- Full family support services

Ready to see how Youturn Health can help you or your family? Getting started is simple:

- Call: **888-520-1868**
- Email: **admissions@youturnhealth.com**
- Enroll online:
now.youturnhealth.com/register
(Registration code: Seattle)

Everything you do with Youturn Health is virtual and confidential.

Scan the QR code to learn more about Youturn Health's virtual, confidential mental health services.





Seattle Fire Fighters HealthCare Trust
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SFFHealthCareTrust.org

Introducing Your New City of Seattle Deferred Compensation Program Contact



City of Seattle

The City of Seattle Voluntary Deferred Compensation Program (DCP) is now managed by Empower. Sean Howard serves as our local Empower representative. He can assist you in understanding how to make the most of the funds in your DCP account.

You can contact Sean via email at sean.howard@empower.com.

He is available for face-to-face meetings at the downtown Seattle Empower office and for virtual appointments.

To view his availability and schedule a meeting, use Empower's online booking tool at cityofseattledcp.empowermytime.com.

Photo by Stephen Baer