



SUMMER 2026

Vital Signs

Essential News from Your HealthCare Trust



Photo by Stephen Baer, Fire Dog Photos

**Stay Healthy
and Happy
This Summer**

Inside:

Introducing Direct Primary Care

ADHD in the fire service

What female fire fighters need to know
about their health risks

It's summer: Hydrate!

Direct Primary Care from Hint Connect

A New Healthcare Option for Those Without a Primary Care Provider

If finding a doctor feels harder than it should, or if urgent care has become your go-to for routine health needs, there's a new benefit worth knowing about. The Seattle Fire Fighters Healthcare Trust now offers members access to Direct Primary Care (DPC) through Hint Connect, a dedicated local provider for you and your covered family members, available year-round, not just once you are already sick.



Members receive unlimited in-person and virtual visits with no copays, same-day or next-day appointments, and direct communication with their provider by phone, text, email, or video. After-hours availability for urgent issues is also included—a real advantage for fire fighters and families managing demanding schedules.

Services cover the full range of everyday needs: wellness visits, sports and school physicals, pediatric care, chronic disease management, urgent care, point-of-care testing, mental health screening, referrals, and more.



Don't wait until the August rush. Members who enroll now and schedule a first appointment this summer will already have an established relationship with their provider, meaning same-day or next-day access when back-to-school physical deadlines hit, instead of calling around hoping someone has an opening.

DPC is especially well-suited for members who don't currently have a primary care provider or have been relying on urgent care as a substitute. If you already have a trusted PCP you plan to continue seeing, DPC may not be the right fit right now.

Visit **sffa.hint.com** to explore participating practices in your area and enroll yourself and your family.



ADHD in the Fire Service: From Challenge to “Superpower”

Ever feel more like yourself in the middle of an emergency than during a quiet shift filled with paperwork? You’re not alone—and there may be a reason.

In a recent *Listen Up L27* podcast with Station 2 Clinic physician Jamie Epting, LMHC, we explore why so many firefighters with ADHD thrive in chaos. The same brain wiring that fuels laser-sharp focus, rapid decision-making, and the drive to run toward danger can also make routine tasks feel impossible.

The good news? Understanding how your brain works is a powerful step toward better performance and well-being, with or without medication.



Discover practical strategies to improve focus, follow-through, and crew support.

Scan the QR code to listen to the podcast. We also have an article on this topic in the News section of our website.



What Female Fire Fighters Need to Know About Their Health Risks

The fire service has made real progress in understanding the job’s occupational health risks. One area still coming into focus is the unique health landscape for women in the fire service—offered not to create concern but to help all fire fighters make well-informed decisions. The risks are real, and so are the steps that address them.

Female fire fighters face the same occupational exposures as their male colleagues, compounded by reproductive biology: elevated rates of breast, cervical, and uterine cancers, as well as effects on fertility and pregnancy.

But cancer risk isn’t a women’s issue in isolation. Every fire fighter faces an elevated cancer risk from the same smoke and contaminated-gear



exposures—and recent reproductive health findings apply to male fire fighters, too.

Scan the QR code to read our recent article on this important topic.





Seattle Fire Fighters HealthCare Trust
2320 4th Avenue
Seattle, WA 98121

SFFHealthCareTrust.org



Photo by Stephen Baer, Fire Dog Photos

Hydration: It's Fundamental to Your Health

When you're fighting a fire, your gear, training, and teamwork keep you safe, but what about your water bottle? It might not seem as important as your personal protective equipment (PPE). Still, staying hydrated can make the difference between performing at your best and risking your health and safety. Fire fighters lose fluids faster than most athletes, especially in summer, because the intense heat, their heavy equipment, and their sustained physical activity quickly deplete their hydration levels. Understanding how dehydration affects your body and how to prevent it can save your life.

Scan the QR code to learn more.



Catch Up on the Latest *Listen Up L27* podcasts

Be sure to check out the latest *Listen Up L27* podcasts, including our conversation with Station 2 Clinic Mental Health Director Laura Takacs and Captain Matt Lujan about one of the most difficult responsibilities a fire fighter can face: death notifications on the scene.

Also, our conversation with Station 2 Clinic physician Dr. Ariel Erlich and retired Seattle fire fighter Terry Taylor on the the hidden health risks fire fighters face from microplastics, PFAS, and other toxic exposures.

Scan the QR code to see a list of our recent episodes.

