

MnFIRE



Who We Are

The Minnesota Firefighter Initiative (MnFIRE) is dedicated to providing Minnesota's firefighters with the tools they need to prioritize and protect their health. Since 2016, the nonprofit organization has made great strides in advocating for the state's 20,000 active volunteer, paid-on-call, part-time and full-time firefighters. With the state legislature dedicating \$4 million per year, Minnesota is now the leader of firefighter health and wellness initiatives in the United States.



What We Do

THE HOMETOWN HEROES ASSISTANCE PROGRAM

The Hometown Heroes Assistance Program (HHAP) ensures every Minnesota firefighter has access to the education, prevention and care needed to better their health and wellness. These no-cost confidential resources are available to every Minnesota firefighter:



MnFIRE ASSISTANCE PROGRAM (MAP)

The MAP provides no-cost access to mental health professionals to help firefighters and their families navigate the stresses of life – those related to working in the fire service and other challenges such as relationship difficulties or a death in the family. Each firefighter and their family members can access up to five counseling visits a year during the annual program term, which runs from Oct. 1 to Sept. 30 (additional support is ensured as needed). With our Peer Support program, we can also match firefighters with a trained peer supporter who has a similar background and knows firsthand the difficulties firefighters face. They're well-equipped to walk alongside firefighters as they navigate their situation.

For more details or for help, call **888-784-6634** or visit liveandworkwell.com, access code: **MnFIRE**



CRITICAL ILLNESS PROGRAM

All Minnesota firefighters are automatically enrolled in a statewide Critical Illness insurance policy which covers diagnoses of cancer, cardiac or other critical illnesses, and provides a lump-sum cash payment up to \$20,000 to assist with expenses. For instance, if you have a heart attack either on the job or mowing the yard, you can receive a cash payout to help manage expenses like medical bills and travel costs to and from specialist visits.

The process to file a claim involves a simple online form or a phone call. Visit securian.com/mnfire-insurance or call **888-784-6634**.



MnFIRE TRAINING

Available to all Minnesota fire departments, MnFIRE is actively booking no-cost health and wellness training sessions on these topics: MnFIRE Awareness, cardiac, emotional wellness, cancer, sleep, and nutrition and fitness.



READY TO GET STARTED?
Scan the QR code to request a session for your fire department or visit mnfiretraining.org.

“*[MnFIRE] has made me realize it is ok to get help, and the importance of getting help when needed.*”

– MINNESOTA FIREFIGHTER

“*I'm very grateful for having the critical illness benefit. It has helped our family deal with unforeseen bills and has eased the stress of dealing with this unforeseen cancer diagnosis.*”

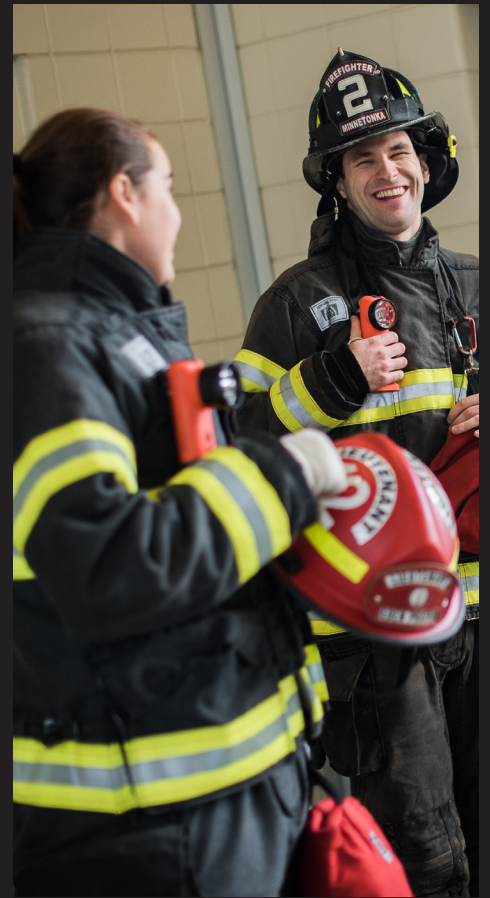
– MINNESOTA FIREFIGHTER

“*I am pretty confident to say that MnFIRE will have a positive influence on the fire department culture, and the health and welfare of all that are involved in it.*”

– MINNESOTA FIREFIGHTER

FIREFIGHTER HEALTH FORUM

MnFIRE's Firefighter Health Forum brings together the fire service community for meaningful discussions, powerful speakers and actionable information on firefighter health and wellness. With education for fire service leaders, peer supporters and firefighter spouses/partners, the event continues to grow in popularity.



Let's Connect

Contact us to schedule trainings, request informational brochures, or for any additional questions.

WE ARE HERE FOR YOU.

MnFIRE

MNFIREINITIATIVE.COM

