



888-784-6634
mnfirehealth.org



CONFIDENTIAL SUPPORT WHEN YOU NEED IT MOST

Take advantage of these health & wellness resources
available at no cost to all active firefighters in Minnesota



CRITICAL ILLNESS BENEFIT

An up-to-\$20,000 Critical
Illness insurance policy

Covered conditions
include critical illnesses
such as cancer, post-
traumatic stress disorder,
heart attack and more



THERAPY & PEER SUPPORT

Up to five no-cost
counseling visits per
issue, per year

Trauma-informed mental
health providers and
trained peer supporters

Available to any member
of a firefighter's household,
including children living
away from home



HEALTH & WELLNESS TRAINING

Learn about the
occupational health risks
facing firefighters and
strategies for staying
healthy and safe

Trainings cover emotional
wellness, cancer, cardiac
health, sleep, fitness,
nutrition and more



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- 1 for 24/7 live counselor
- 2 for Peer Support
- 3 to file a critical illness claim
- 4 for any other inquiries

