



**Benefits and Wellness Committee
Meeting Agenda**

**Friday, October 24, 2025
1:00 p.m.**

[Zoom](#)

**Meeting ID: 85093067295
Passcode: 338234
(669) 444-9171**

All portions of this meeting will be conducted via teleconference in accordance with Government Code Section 54953. The teleconference locations are as follows:

- Sedgwick, 1750 Creekside Oaks Dr, Suite 200, Sacramento, CA 95833
- Alpine Fire District, 1364 Tavern Rd, Alpine, CA 91901
- Central Fire District, 930 17th Ave, Santa Cruz, CA 95062
- Lakeside Fire Protection District, 12216 Lakeside Ave, Lakeside, CA 92040
- Murphys Fire Protection District, 37 Jones St, Murphys, CA 95247
- South Lake County Fire Protection District, 21095 Hwy 175, Middletown, CA 95461
- Southern Marin Fire District, 28 Liberty Ship Way, Suite 2800, Sausalito, CA 94965

Each location is accessible to the public, and members of the public may address the Committee from any teleconference location.

In compliance with the Americans with Disabilities Act, if you need a disability-related modification or accommodation to participate in this meeting, please contact Amanda Bistolfo at (916) 244-1190, amanda.bistolfo@sedgwick.com. Requests must be made as early as possible, and at least one full business day before the start of the meeting.

Documents and materials relating to an open session agenda item that are provided to the Committee will be available for public inspection at 1750 Creekside Oaks Drive, Suite 200, Sacramento, CA 95833.

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- 1. CALL MEETING TO ORDER; ROLL CALL**
- 2. APPROVAL OF AGENDA AS POSTED OR AMENDED**
- 3. PUBLIC COMMENTS** - *This time is reserved for members of the public to address the Committee relative to matters of FRMS not on the agenda. No action may be taken on non-agenda items unless authorized by law. Comments will be limited to five minutes per person and twenty minutes in total.*
- 4. CONSENT CALENDAR**
 - 3** *A. Minutes of June 18, 2025, Benefits and Wellness Committee Meeting
Recommendation: Approval of the Consent Calendar.
- 5. BENEFITS MATTERS**
 - 11** A. Benefits Program Performance Update
Recommendation: None.
 - 14** B. New Group Acceptance—South Placer Fire District
Recommendation: Review for approval to join the FRMS Benefits Program.
 - 30** C. New Group Acceptance—West Stanislaus County Fire Protection District
Recommendation: Review for approval to join the FRMS Benefits Program.
- 6. WELLNESS MATTERS**
 - 36** A. Cancer & Mental Health Screening
Recommendation: None.
 - 38** B. CORDICO Wellness App
Recommendation: None.
- 7. WORKERS' COMPENSATION MATTERS**
 - 45** A. Ready Rebound
Recommendation: None.
- 8. SAFETY & RISK CONTROL PROGRAM**
 - 46** A. Risk Control Review & FRRRI Update
Recommendation: None.
- 9. CLOSING COMMENTS**
 - A. Committee
 - B. Staff
- 10. ADJOURNMENT**

NOTICE: The next regular meeting of the Benefits Committee will be held at 10:00 a.m. on Tuesday, December 9, 2025, via teleconference.