



TO: Sheriffs, and Police Chiefs

FROM: Jarrod Hickman, POOL/PACT, Risk Management Specialist

DATE: August 4, 2025

RE: Four Month Metabolic Reset Program Provided by Specialty Health and Saga Health

You know you want to reach your health goals. This proven, supportive program—featuring advanced metabolic testing, real-time diet tracking, expert coaching, and personalized guidance is designed to get you where you need (want) to be.

We are excited to tell you about the **4-Month Metabolic Reset Program** - a comprehensive 4-month wellness journey to significantly improve the metabolic, physical, and behavioral health of our first responders through diet, the Optimizer supplement, and individualized guidance. This Program is offered by Saga Health in partnership with SpecialtyHealth and sponsored by PACT.

What Does the Program Include?

- **Advanced Metabolic Lab Panel**
- A **Keto Air Breathalyzer**, a handheld device that allows users to optimize their metabolic health and diet in real time.
- **Weekly Group Coaching Sessions** for the first eight weeks (transitioning to bi-weekly), covering topics from nutrition and insulin resistance to stress management and mindset.
- **Personalized Nutritional Guidance** along with customized meal and exercise plans.
- Dedicated support from the **Saga Health Support Team** and access to a private Rapid Response Group Chat for questions and encouragement.
- Two containers of **Optimizer** drink mix – a trio of allulose, electrolytes, and glycine – specifically designed for energy, hydration, and recovery.

Questions about the Program?

- Attend a [Program Introduction](#), held weekly on [Zoom - Wednesday's at 9am PST](#), until the program is full.
Link: [Here](#)
- Watch the [Indiana Police Chief's Testimonies](#) video – a number of Indiana Police Chiefs completed this program, earlier 2025.
Link: [Here](#)

This program will initially include **50 participants from PACT member agencies** on a first come, first serve basis. **There is no fee for participation.**

For more information, please attend the next Program Introduction or contact Ethan Opdahl (Specialty Health) at (775) 398-3601 or eopdahl@specialtyhealth.com.

Thank you!