

**For Immediate Release**

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**MEDICAL PROFESSIONALS TEAM UP WITH THE LIVING HEART  
FOUNDATION TO IMPROVE THE HEALTH AND WELLNESS OF NFL  
PLAYERS**

LANCASTER, PA (September 5, 2003) Out of the ashes of Ground Zero, professional relationships and friendships have led to the creation of the Living Heart Foundation's (LHF) Cardiovascular (CV) Health Screening "Shape-a-Life" Program designed for NFL players. The program was launched Friday, August 8<sup>th</sup>, at the National Football League's New York Giants Training Camp in Albany, N.Y. After working together with Dr. Archie Roberts and the Living Heart Foundation (LHF) to help the New York Police Department (NYPD) diagnose health issues resulting from the officers' work at Ground Zero after 9-11; Drs Robert Gillio from InnerLink, Rebecca Bascom from the Milton S. Hershey Medical Center at the Pennsylvania State University and Martin Goldman from the Mount Sinai Hospital and Medical School in New York City, TEAM'ed up again with the LHF to help solve another occupational health problem: "Are veteran and retired NFL players suffering higher rates of cardiovascular disease and other health problems than the general public?"

"One would think that these elite athletes would be in great shape other than for occasional orthopedic injuries, but an earlier report produced in 1994 suggested that NFL players with large body size had serious and life ending or threatening conditions arise more frequently and earlier in life than expected, as compared to the general population matched for age and race," stated Dr. Roberts, also a former NFL quarterback, well known heart surgeon and recent CV disease victim.

With the approval of the New York Giants, as well as interest from the league office and NFL Players Association, and the sponsorship of Pfizer Inc., Dr. Roberts pulled together a team of experts within the framework of the LHF and began the program in August at the Giants summer training camp.

InnerLink's TEAM<sup>©</sup> System was chosen by Dr. Roberts to help manage the medical records of the NFL players who voluntarily agreed to be included in the cardiovascular health screening program, known as "Shape-a-Life". This LHF program provides each player with the option of choosing a HIPPA compliant, online health record for personal use or with health care professionals of their choice and integrates with the research data repository located at the Penn State University Medical Center, led by Dr. Rebecca Bascom.

"The TEAM Health Record was embraced by many of the players that saw its immediate benefit in empowering them to have more knowledge and voice in their medical care and to critical information, images, and data available to any provider with their permission 24/7 from anywhere in the world," stated Robert Gillio, Chief Medical Officer at InnerLink, the company that created this record as part of its comprehensive TEAM<sup>©</sup> System portal for personal and community health and safety. The LHF Cardiovascular (CV) Health Screening "Shape-a-Life" Program is teaming up with NFL coaches, players, trainers and physicians to help achieve cardiovascular health and medical support to the active player through retirement. The CV Health Screening Program will work with its nationwide health-care network to provide on-site technically advanced health screenings for a voluntary group of NFL players at designated sites with each team's city.

For more information:

**Living Heart Foundation** ([www.livingheartfoundation.com](http://www.livingheartfoundation.com)) The Living Heart Foundation (LHF) is a nonprofit organization based in Monmouth, NJ that was established in 2001 to help achieve cardiovascular health and to provide corrective risk stratification with early intervention for cardiac, pulmonary and metabolic conditions through on-site screening and integrated health programs.

**InnerLink, Inc.** ([www.innerlinkit.com](http://www.innerlinkit.com)) Based in Lancaster, PA, InnerLink is an innovative provider of health and safety educational content and technology. InnerLink's TEAM<sup>©</sup> System is a robust communications web portal that includes an online personal health record that is HIPAA-compliant, and can capture and store clinical records and diagnostic images.