

Building the COPP Foundation, One Community at a Time.

The first issue of the COPP Newsletter — a monthly look at the community partnerships bringing peripheral artery disease (PAD) screening to the people who need it most.

By Herman Johnson Jr., Founder, COPP

FROM THE FOUNDER

Welcome to Issue 01.

For 33.5 years as a Jersey City firefighter, I watched preventable disease hit the communities I served the hardest — and almost always too late. The Community Outreach Partnership Program (COPP) exists to change that timeline.

This is the first official issue of our monthly newsletter. Every month going forward, we'll share what's happening across the country: new partner practices, screening events, community partnerships, conferences, and the stories of the people doing this work.

We're starting where this all started for me — Jersey City — with a practice and a physician who represent exactly what COPP was built around: trust, accessibility, and a real commitment to the community.

Thank you for being part of this work.

FEATURED ANCHOR PARTNER

Urban Medical Center — Jersey City, NJ

Dr. Hyacinth E. Ucheagwu, MD · 95 Martin Luther King Jr. Drive, Jersey City

Urban Medical Center, led by Dr. Hyacinth E. Ucheagwu, has joined the COPP program as the anchor partner serving Jersey City and the surrounding region. The practice has spent years building a reputation for accessible family medicine and pediatric care — the kind of trusted local institution COPP is designed around.

Jersey City is one of the most demographically diverse cities in the United States, and the community Dr. Ucheagwu serves includes families across multiple generations, working professionals, seniors, first responders, and members of faith communities. Cardiovascular disease and PAD risk concentrate in exactly these populations — and preventive screening access has been limited for too long.

As the anchor practice, Urban Medical Center serves three roles in the COPP partnership: clinical home for the screening program, named sponsor for community events held off-site at firehouses, churches, senior centers, and schools, and the community connector whose existing relationships make the outreach possible.

“Our community deserves access to preventive care that doesn't require them to leave their neighborhood, their faith community, or their workplace. COPP brings the screening to where the people already are — and that's how we close the gap.”

— Dr. Hyacinth E. Ucheagwu, MD, Urban Medical Center

Why Urban Medical Was Chosen

5

Star community reputation

Jersey

City roots run deep

1st

COPP anchor partnership

THE WORK AHEAD

What Urban Medical & COPP Are Building Together

The Urban Medical / COPP partnership is built around four community connections that map directly to the trusted community groups COPP works through. Each one represents a doorway into the population most affected by undiagnosed PAD — and a doorway Urban Medical is uniquely positioned to open in Jersey City.

First Responders

Jersey City firefighters, police, EMS, and the regional military community. High cardiovascular risk. Deep mutual trust — Herman is one of them.

Faith Communities

Pastors and congregational leaders across Jersey City. Sunday morning is the most consistent trusted touchpoint many older community members have all week.

Senior Centers

Medicare-eligible seniors are exactly the population this screening was built for. Senior centers across Hudson County are the most direct path.

Civic & Fraternal Groups

Rotary, NAACP, fraternal orders, and local civic organizations with established networks reaching older adults at risk.

COMMUNITY SPOTLIGHT

Why Jersey City First

There's a reason the first COPP anchor partnership launched in Jersey City and not somewhere easier. The community I came up in is the community I owe this work to. For three and a half decades I responded to calls where preventable cardiovascular disease had already become a crisis — and almost every one of those calls happened in a neighborhood where preventive care wasn't accessible enough, soon enough.

Jersey City has the demographics, the density, the trust networks, and the need. It also has Urban Medical Center and Dr. Ucheagwu — a practice that's already doing the work of showing up for the community. COPP is here to amplify what they're already doing, not replace it.

From Jersey City, we expand. But this is where the foundation gets built.

PAD AWARENESS

Why PAD Screening Matters

Peripheral Artery Disease (PAD) affects an estimated **200 million people worldwide**. An estimated 3 out of 4 of them don't know they have it.

By the time symptoms become impossible to ignore — leg pain when walking, slow-healing wounds, numbness in the feet — the damage is usually already done. Heart attack, stroke, amputation, and premature death are far too often the first sign of a disease that could have been caught a decade earlier.

The Pulse4Physicians 3-test FDA-cleared screening protocol — ABI, ANS, and Sudomotor — can detect the warning signs of PAD up to 10 years earlier than traditional methods. The full screening takes 15 minutes, is non-invasive, and is reimbursed by Medicare and most private insurers.

WHAT'S NEXT

Coming in Future Issues

- **Issue 02:** First community screening event with Urban Medical Center — recap and lessons learned.
- **Faith partnership profile:** The Jersey City congregation hosting a Sunday-morning screening day.
- **First responder feature:** Why firefighters and police should be the first to get screened.
- **Expansion update:** Where COPP is opening conversations next.

Want to bring Pulse4Physicians to your practice or community?

Schedule a 15-minute call with Herman Johnson Jr.

609-234-5806 · www.pulse4physicians.com

The COPP Newsletter is published monthly by the Pulse4Physicians Community Outreach Partnership Program. To receive future issues, sign up at www.pulse4physicians.com/newsletter.html