

July 21, 2020

To whom it may concern,

I am pleased and excited to endorse Howard Ragsdale's efforts as the MedEvac Foundation's board chair with the Foundation's annual Run to Help the Helpers. I am amazed Howard is well on his way to bicycling 1,000 miles before his 71st birthday—this is one of the many initiatives he has spearheaded to serve our air medical community.

We fully support Howard in his effort to raise \$71,000. We are optimistic our industry and corporate sponsors will be inspired by Howard's efforts and will pledge financial support per mile to benefit the Foundations "Taking Care of Our Own – Help Is On the Way" mental health, physical wellness and suicide prevention program.

His example has led to many individuals signing up from Apollo. There are many ways to support the Foundation's efforts—we have encouraged our employees to establish their own fund-raising run, walk, roll or swim challenge to raise donations from their networks.

We are tracking Howard's and others' progress on the MedEvac Foundation International's website.

This cause is so important—our emergency medical services (EMS) personnel serve patients across the country every day. Too many of our colleagues are dealing with mental health issues on their own; we believe strongly in helping to take care of our own.

Howard has led the way for years in the industry and shown his compassion for EMS personnel. In 2014 and 2015, he used his talents to spearhead The Great American Safety Drive. In recent years, he has led a six-state tour of mental health and wellness retreats to build recognition and response to PTSD and suicide prevention.

We recognize Howard as a leader in our organization and in the industry. His experience across companies and the industry make him the ideal MedEvac Foundation board chair—every day he exemplifies and supports the threefold mission of the foundation: research, education, and taking care of our own.

Howard has helped us to recognize our responsibility in looking out for our fellow EMS personnel and find ways to better manage the stresses and mental exhaustion that may result from our profession.

We encourage all to support this powerful initiative, and we hope to do our part.

Warm regards,

A handwritten signature in black ink that reads "Lehmer Dunn".

Lehmer Dunn
Chief Executive Officer