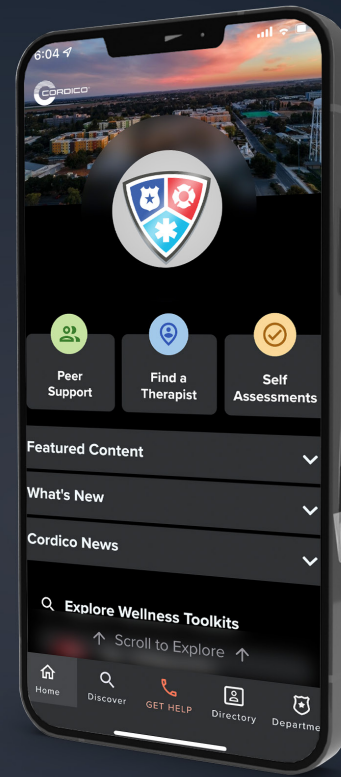




# WELLNESS THAT WORKS

## Confidential, Anonymous Support for Your Personnel



The correctional environment is inherently stressful. A constant potential for violence, staff shortages and harassment from inmates all make corrections one of the riskiest professions. Over the course of a career, these stressors lead to high rates of depression, PTSD and suicidal ideation among correctional officers, as well as physical factors such as high blood pressure, diabetes and heart disease.

Cordico's wellness solutions address these challenges, providing correctional officers and their family members with on-demand access to relevant, trusted and effective wellness resources—without collecting any personal information.

Our corrections wellness app offers a complete range of self-assessments as well as continuously updated videos and guides on more than 60 behavioral health topics—all designed specifically to help personnel develop healthy habits, strengthen personal relationships and improve resilience.

### When you deploy Cordico in your agency, you will:

-  Connect your personnel to anonymous assessments and counseling resources
-  Strengthen your wellness culture & empower your peer support team
-  Support agency retirees & family members (included with agency subscription)
-  Go beyond crisis response with physical, mental & lifestyle management resources
-  Help personnel cope with the effects of critical events & chronic exposure
-  Improve personnel decision-making, empathy & resiliency, which in turn enhances inmate safety





## Trusted, Tailored Behavioral Health Support

Cordico’s wellness tools and self-assessments are designed to keep your personnel healthy and effective at work. Created by our clinical and scientific staff experienced in working with public safety professionals, these resources are built for both prevention and treatment.

### 60+ Wellness Guides

- Substance Abuse
- Burnout
- Grief and Loss
- Family Support
- Financial Fitness
- Healthy Habits
- Posttraumatic Stress
- Suicide Prevention
- Fitness and Nutrition

### Anonymous Self-Assessments

- Adult ADHD
- Alcohol Abuse
- Cordico Anger Scale
- Compassion Fatigue
- Posttraumatic Stress
- Resilience
- Cordico Sleep Test
- Perceived Stress
- Well-Being

#### AVAILABLE FEATURES

- Customized with your agency’s badge and department resources
- Apple iOS and Android compatible
- Mobile one-touch calling to peer support
- Therapist finder
- Access to accredited wellness courses through Lexipol’s CorrectionsOne Academy

#### LEADERSHIP & WELLNESS WITH JOCKO WILLINK & LEIF BABIN

Lexipol is excited to partner with Echelon Front to provide an exclusive video series demonstrating how to use world-class leadership principles to build and sustain your agency’s culture of wellness. Available only through the Cordico app!



## Put Your Agency at the Forefront of Wellness



*“As law enforcement leaders, we must develop solutions that change outcomes and save lives. Cordico is doing just that, connecting officers to innovative mental and behavioral health tools. Cordico’s wellness app helps me take care of my officers. It will save lives.”*

Police Chief Neil H. Gang  
Pinole (CA) Police Department  
Chair, California Police Chiefs Association  
Wellness Committee



*“If you do one thing for your agency this year, get this app. It will show that employee wellness is a priority, you truly care, and you want to make the best tools and resources accessible to your officers 24/7.”*

Kimberly A. Miller, Ph.D.  
Police Psychologist, Consultant,  
Coach & Trainer  
National Sheriffs’ Association Member  
& Seminar Presenter