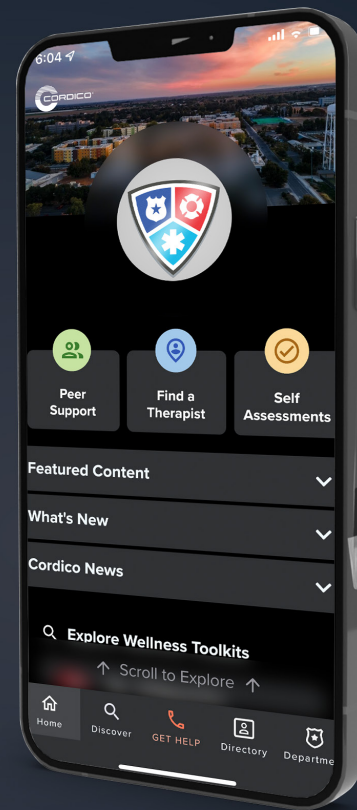




WELLNESS THAT WORKS

Confidential, Anonymous Support for Your Firefighters



Fire and EMS professionals are exposed to potentially traumatic calls on nearly every shift. Nationwide, firefighters overwhelmingly report job-related stress has affected their mental health—yet more than 80% of firefighters say they fear being seen as weak or unfit for duty if they ask for help. Left unaddressed, stress can lead to self-destructive behaviors and leave firefighters unprepared to take care of community members.

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

Our fire and rescue 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 first responders 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 department retirees & family members (included with agency subscription)



Go beyond crisis response with physical, mental & lifestyle management resources



Help firefighters cope with the effects of critical events & chronic exposure



Improve firefighter decision-making, empathy & resiliency, which in turn enhances customer service



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 first responders, 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 FireRescue1 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



"With the Cordico app and the program we have in place, if something ever comes up for any of our members—even in retirement—they'll have immediate access to resources and somewhere to turn."

Fire Chief Brian Fennessy
Orange County (CA) Fire Authority



"Ensuring firefighters are emotionally prepared to take care of the public, when the public is having the worst day of their lives, is what keeps fire chiefs up at night. This unique and very affordable solution from Cordico benefits the firefighters, the public, and the community's leadership."

Deputy Chief Billy Goldfeder
Loveland-Symmes (OH) Fire Department