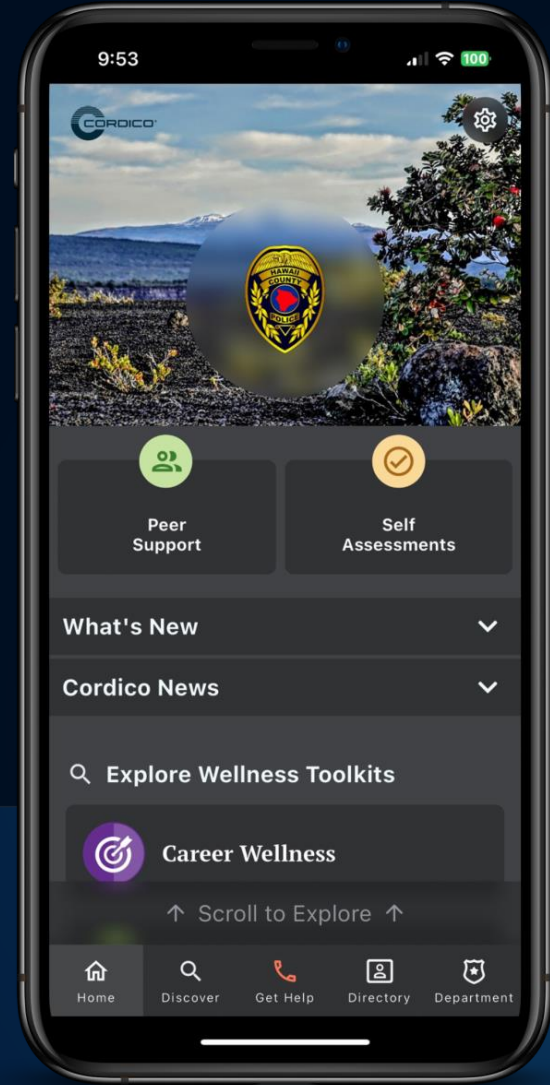


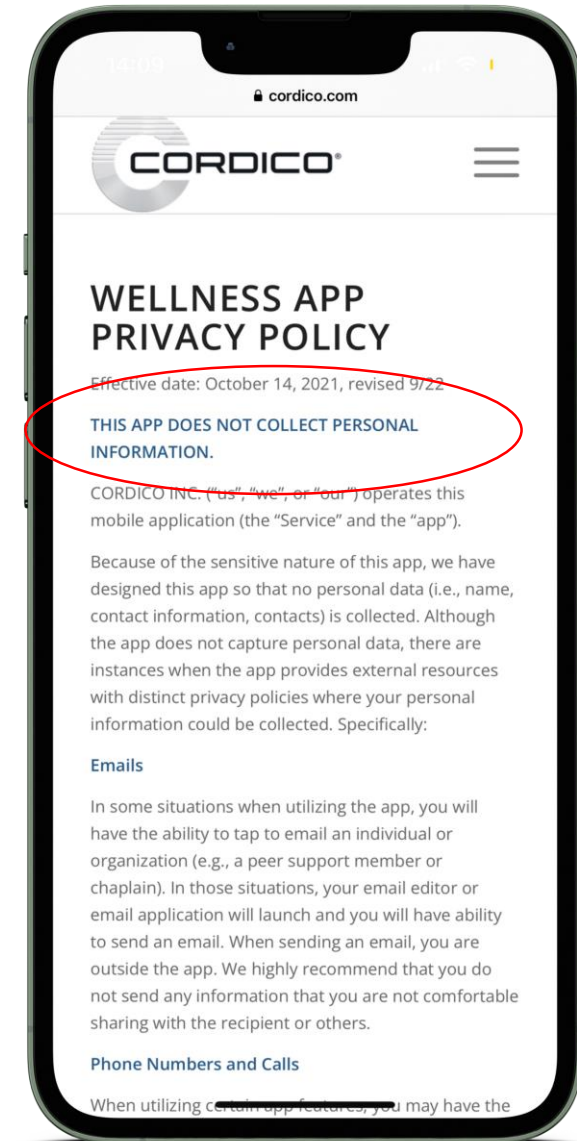


HAWAII COUNTY POLICE DEPARTMENT **WELLNESS APP**



IT'S CONFIDENTIAL

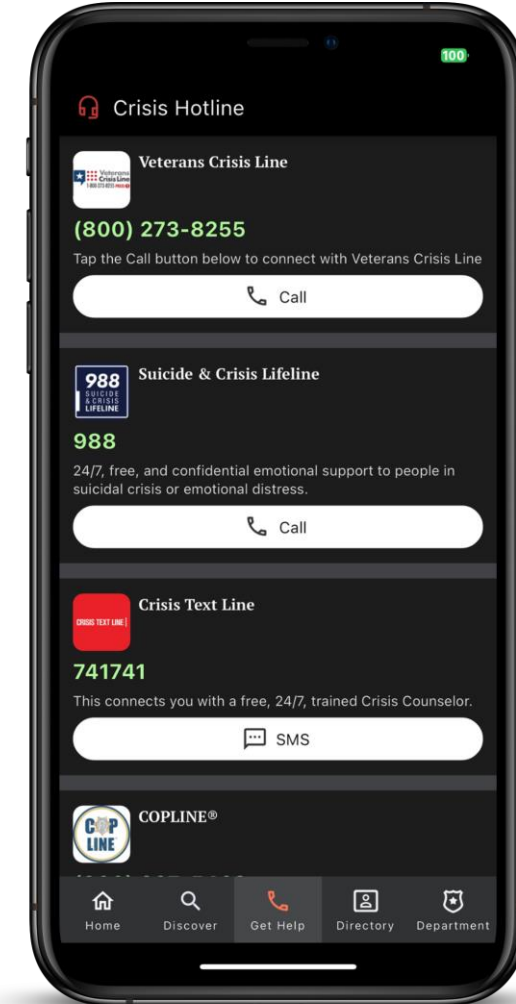
- No personal information is collected
- You'll use a department (not personal) login
- Only aggregate data is reported – we can't see what services you're using in the app



GET HELP NOW

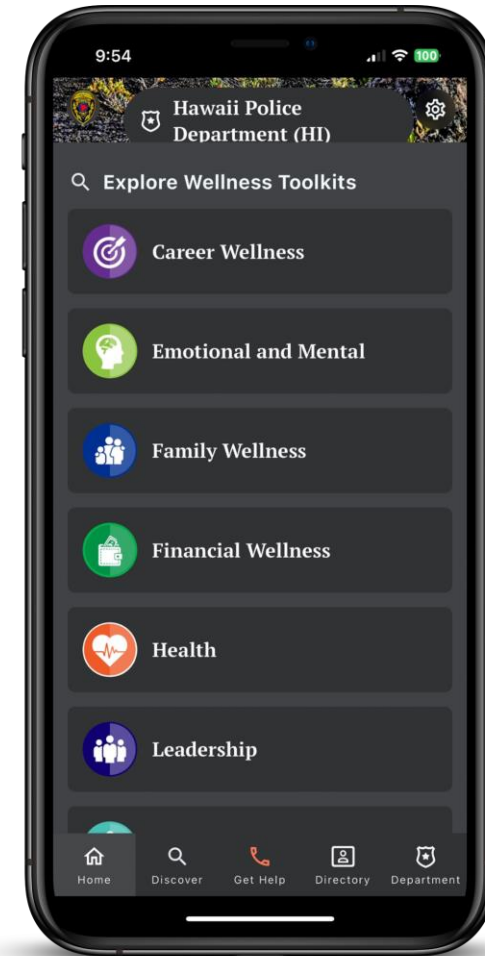
If you're in crisis or want to talk with someone immediately, one tap to connect to:

- Veteran's Crisis Line
- Suicide & Crisis Lifeline
- Crisis Text Line
- CopLine



WELLNESS TOOLKIT

- 60 behavioral health topics
 - Alcohol Abuse
 - Compassion Fatigue
 - Critical Incidents
 - Depression
 - Family Support
 - Financial Fitness
 - Emotional Survival (Dr. Gilmartin)
 - Marriage Guidance
 - Mindfulness
 - New Hire to Retirement
 - Peer Support
 - Stress
 - Sleep Optimization
 - Suicide Prevention
 - And Much More!
- Developed by experienced first responder psychologists

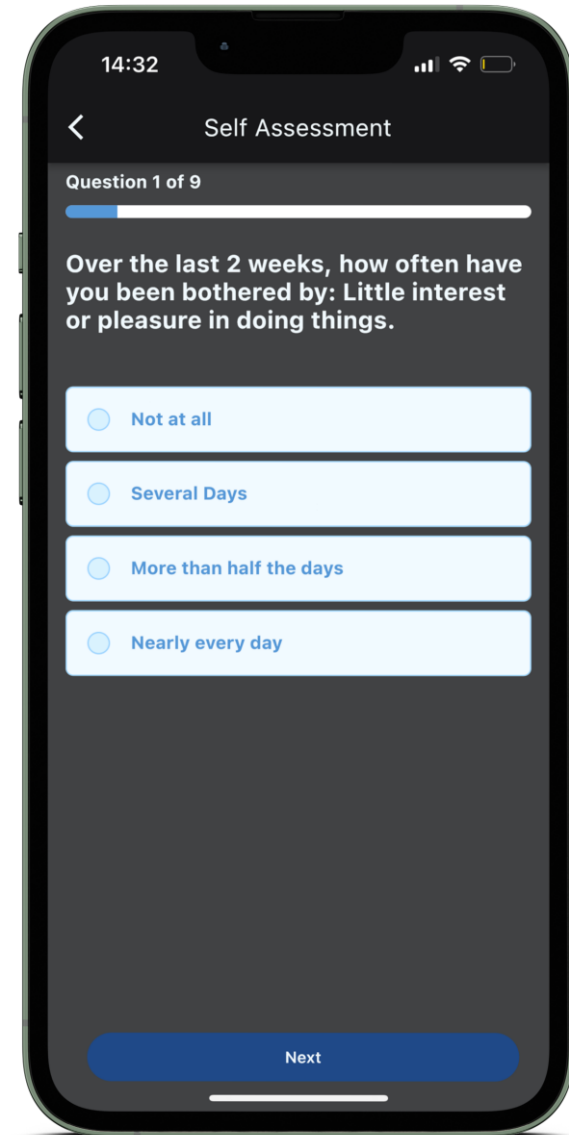


SELF-ASSESSMENTS

12 modules including:

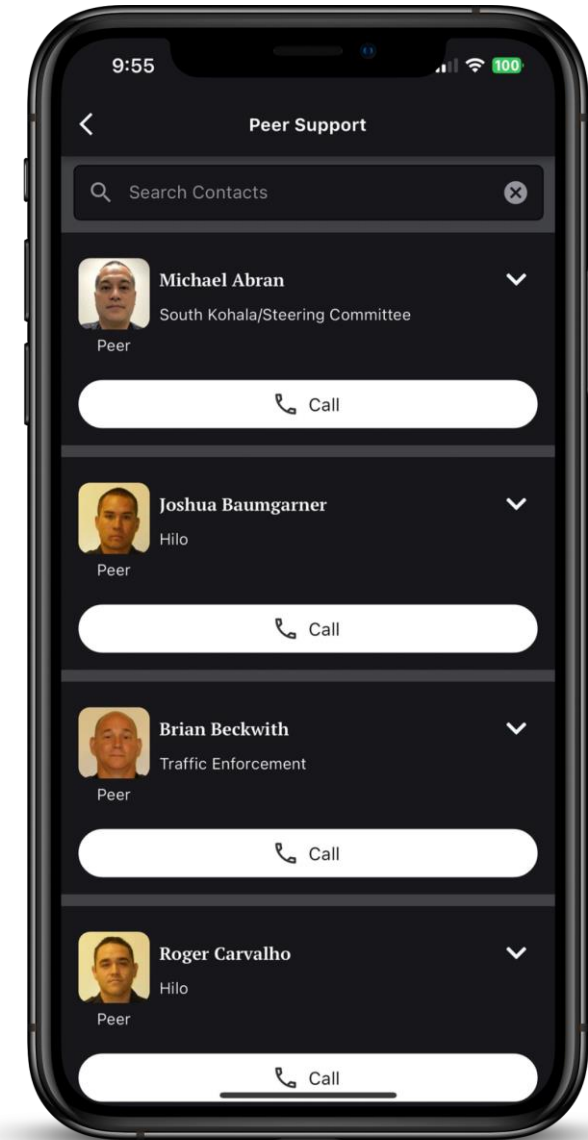
- Alcohol
- Compassion Fatigue
- Depression
- PTSD

Note: Only YOU see the results



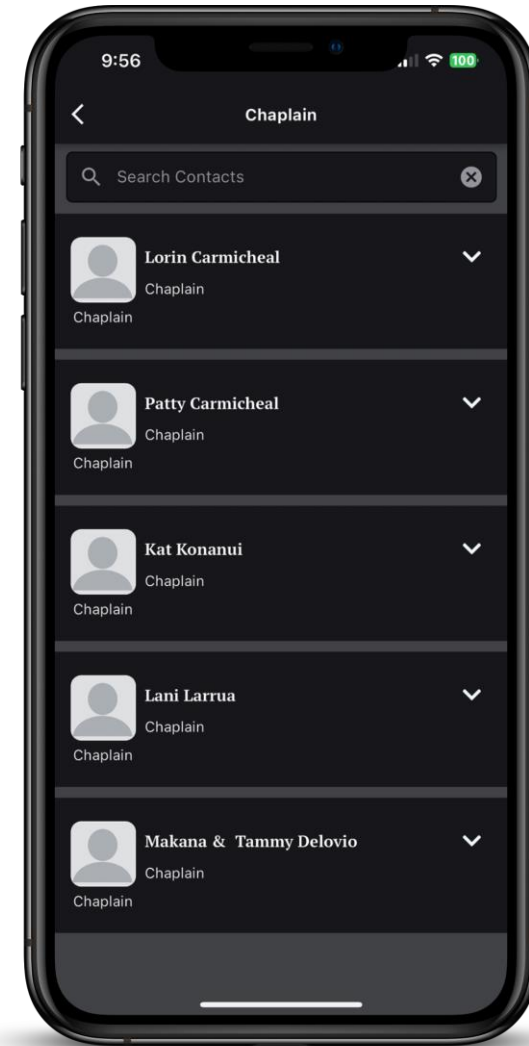
PEER SUPPORT

- Team member photos, profiles, contact info
- CrisisAlert® one-touch dialing
- 24/7 access



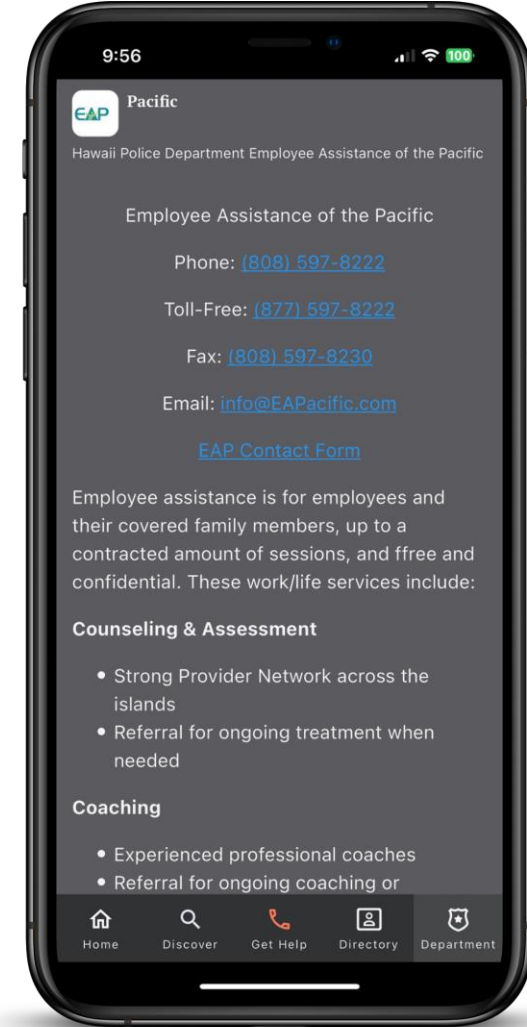
CHAPLAIN SUPPORT

- Photos, profiles, contact info
- CrisisAlert® one-touch dialing
- 24/7 access



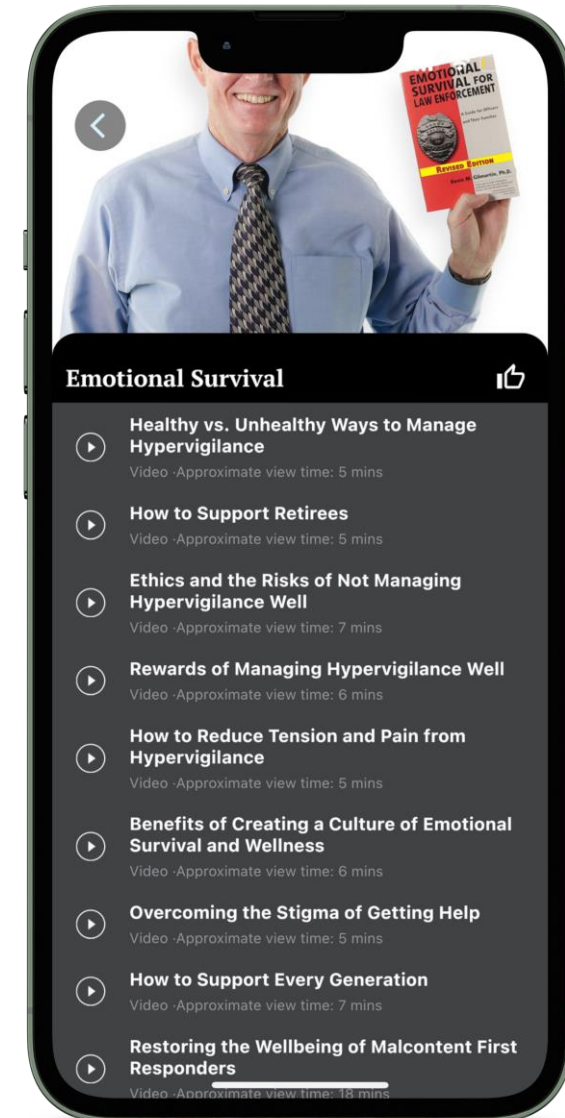
EMPLOYEE ASSISTANCE PROGRAM

- Located under Department Resources
- Plan information
- One-touch dialing



DR. GILMARTIN EMOTIONAL SURVIVAL VIDEOS

- Content from the nationally renowned expert in officer wellness
- Author of the classic text, *Emotional Survival for Law Enforcement*



EXCLUSIVE LEADERSHIP & WELLNESS CONTENT FROM JOCKO WILLINK & LEIF BABIN

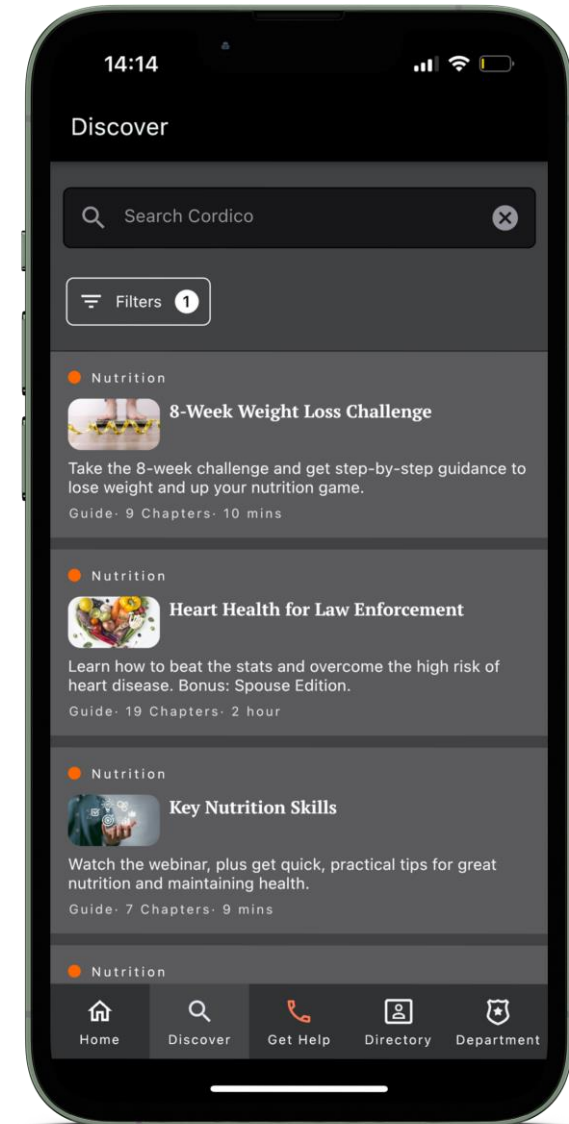
Implement the principles of Extreme Ownership to improve your wellness culture. Available only through the Cordico app!

ECHELON
FRONTIER



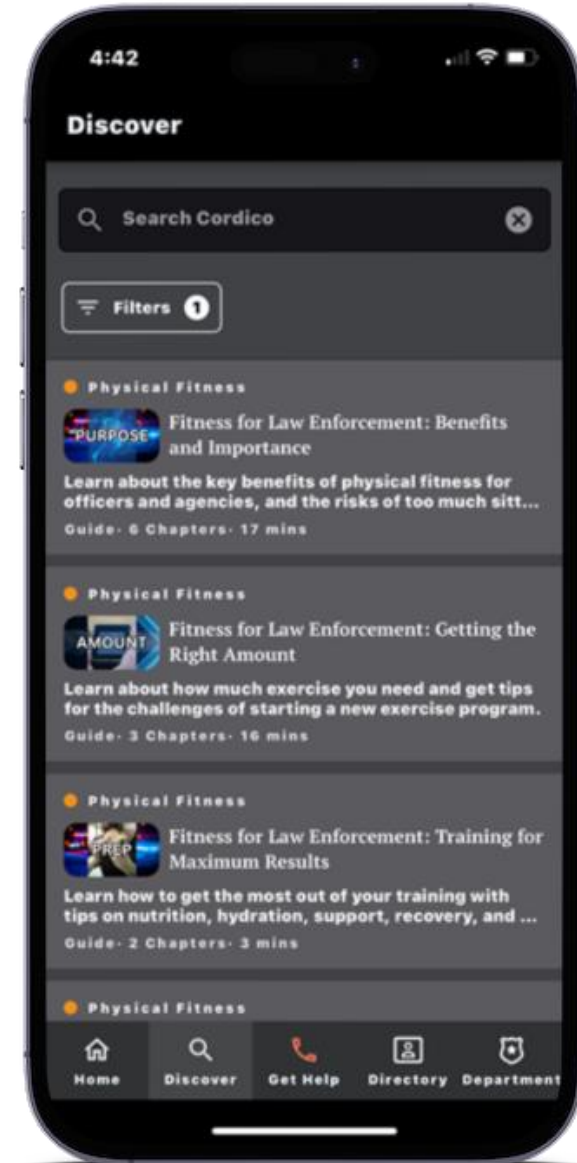
NUTRITION TOOLKIT & WEIGHT LOSS CHALLENGE

- Nutrition tips and FAQs
- Guided weight loss challenge
- Additional nutrition resources



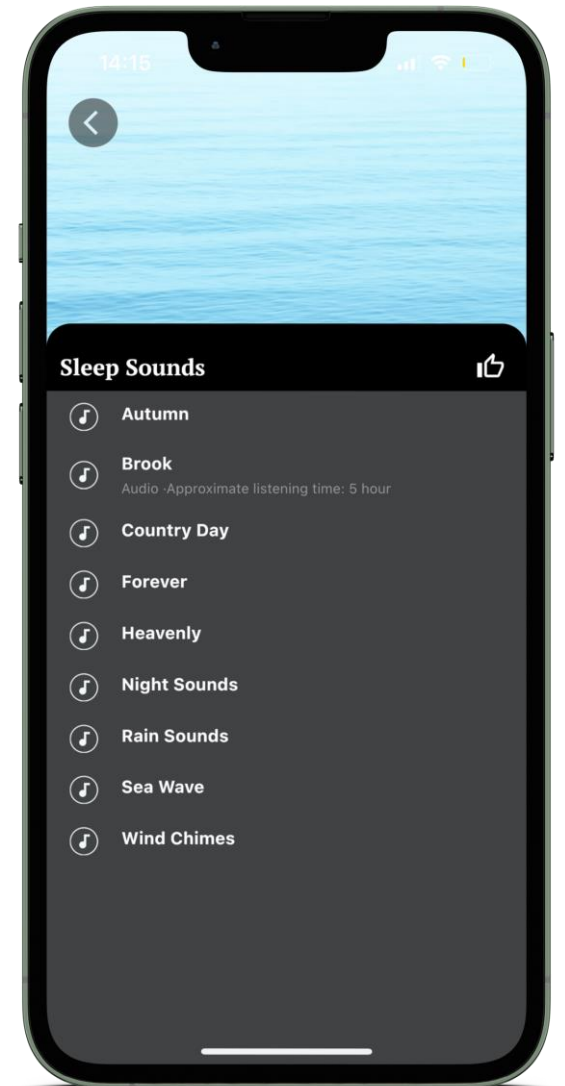
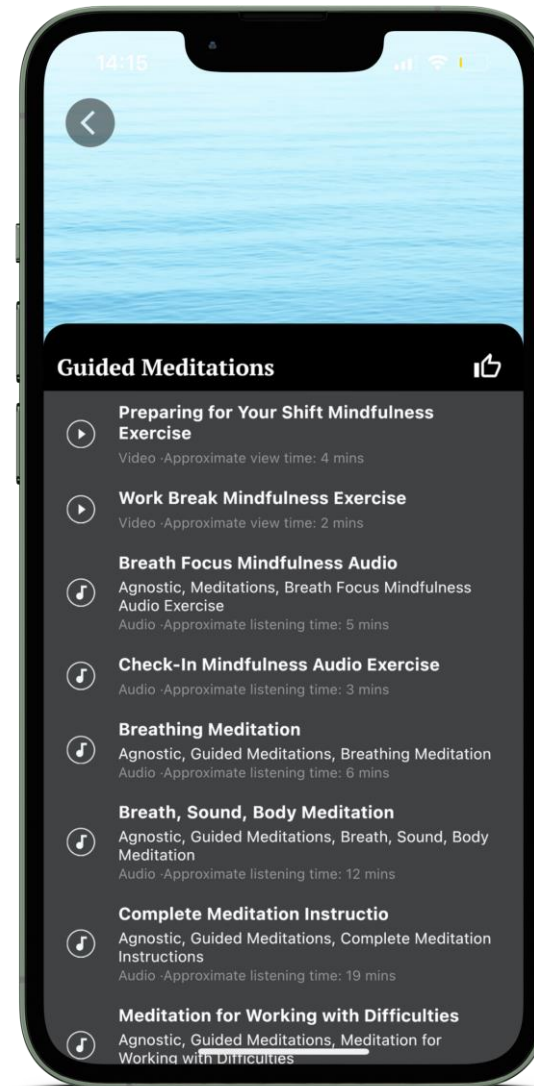
PHYSICAL FITNESS

- Benefits
- Training for Max Results
- Physical Therapist Videos
- Multiple Workout Levels
- Yoga For First Responders



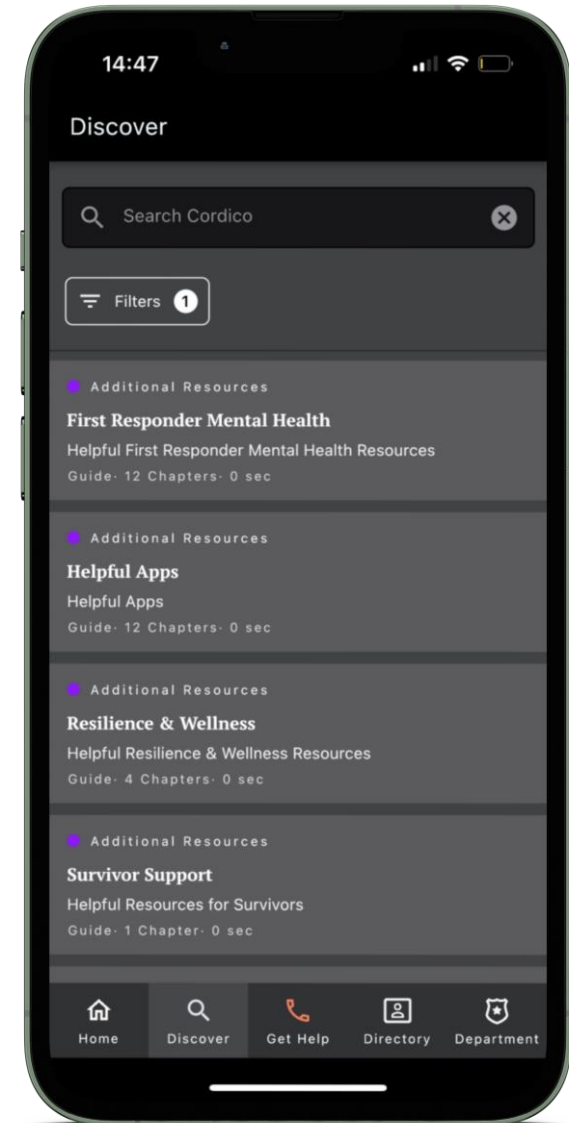
RELAXATION & MINDFULNESS

- Guided meditations
- Sleep sounds



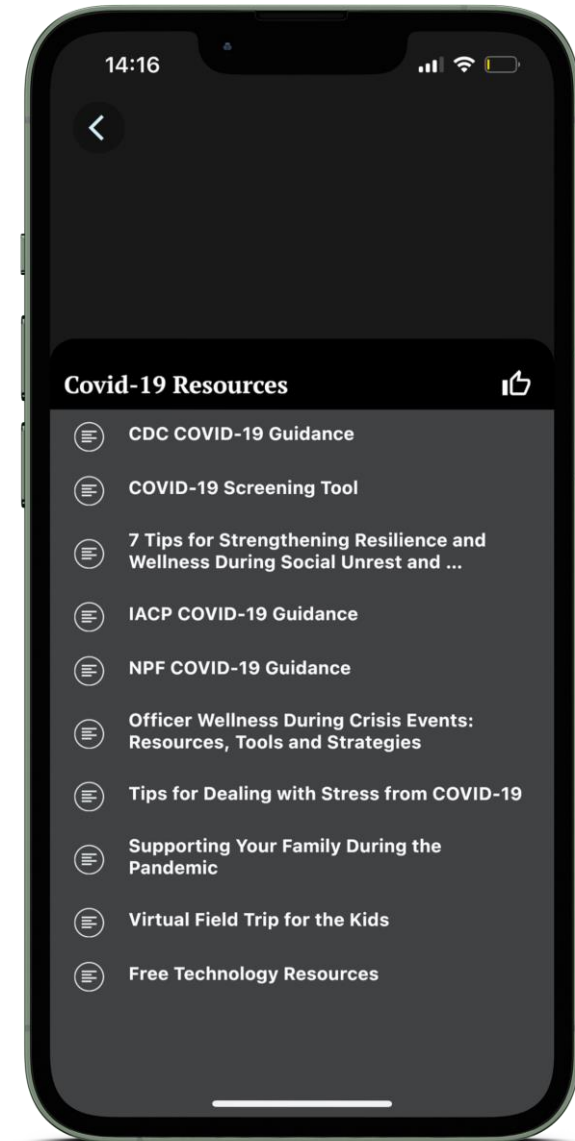
ADDITIONAL RESOURCES

- National non-profits and industry organizations
- Advocacy and support groups
- Helpful Apps
- Industry publishers



COVID-19 RESOURCES

- Screening information
- Stress management
- Tips for family members



AVAILABLE TO SPOUSES & SIGNIFICANT OTHERS

- No charge to you or department
- Family-specific resources such as marriage guidance, financial support, etc.





**THANK YOU
STAY SAFE**

