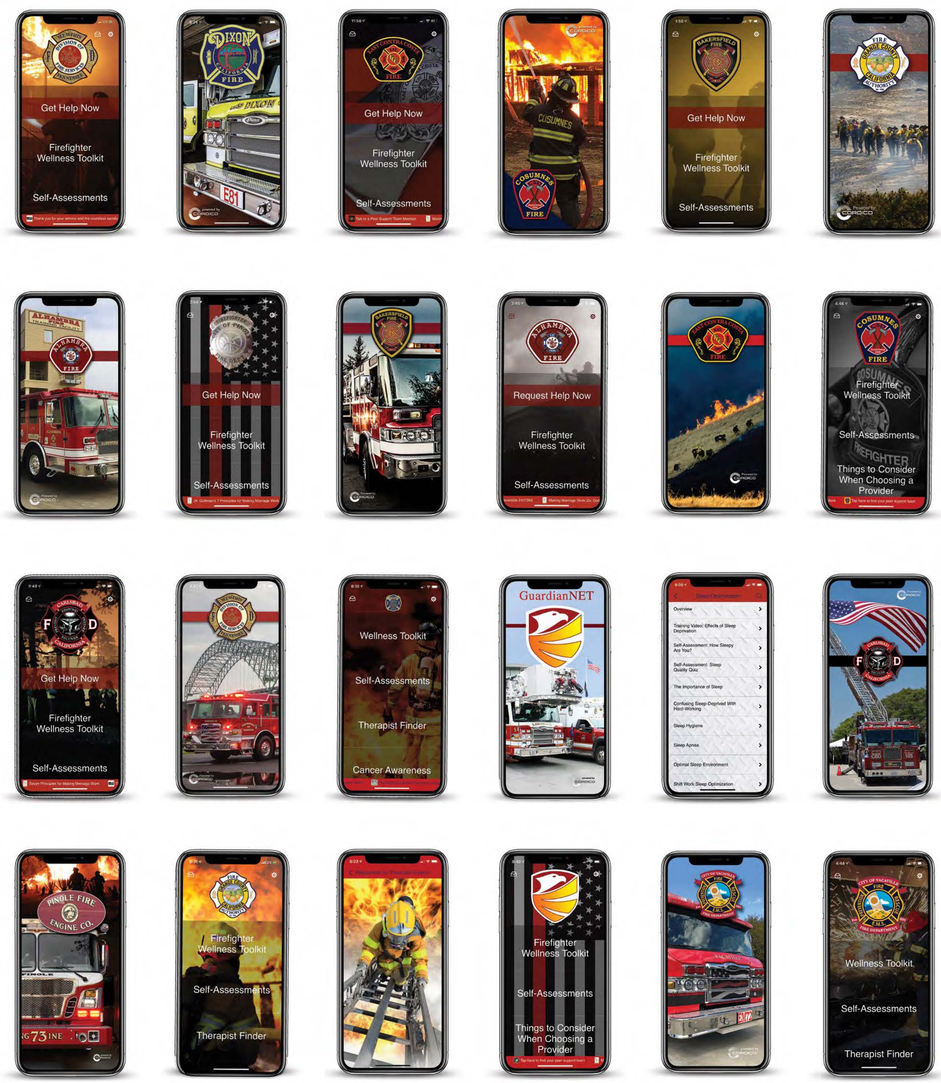
CORDICO®

The Leader in Fire Service Wellness Technology

CORDICO®

"Cordico has trained experts to respond and protect Firefighters 24/7, 365."

Fire Chief Sam DiGiovanna ~ *Verdugo Fire Academy*



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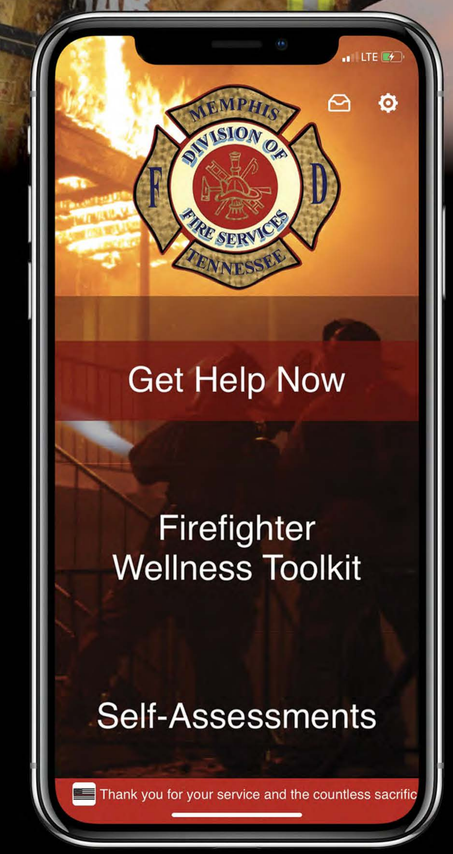
CUSTOMIZED FOR YOUR AGENCY

Cordico Strengthens YOUR Wellness Culture

CORDICO, the world leader in firefighter wellness technology, customizes wellness apps for first responder agencies of all types and sizes. Whether you employ more than 20,000 or fewer than 20 personnel, Cordico is ready to help strengthen wellness across your agency by providing confidential, 24/7, handheld proactive wellness solutions featuring anonymous self-assessments, peer support, vetted therapists, one-touch calling, and on-demand tools targeting alcohol abuse, critical incidents, depression, family support, marriage guidance, physical fitness, post-traumatic stress, resilience, sleep optimization, stress management, suicide risk, trauma, and much more.



"Our complete satisfaction with the services provided by Cordico. If you are a firefighter looking for ways to improve your overall health, wellness and fitness, or a fire department leader developing or enhancing a wellness-fitness program, this resource is a must. They have more than exceeded our expectations for providing customer focused service which is always provided in a very professional manner."

Fire Chief Tom Phelps

Alhambra Fire Department

SIZE UP: FIREFIGHTER WELLNESS

"Firefighters suffer from high rates of mental disorders, with rates of post-traumatic stress disorder, depression and heavy drinking continuing to rise in a linear manner with each additional trauma exposure."

https://www.ncbi.nlm.nih.gov/pubmed/26607303

Firefighters are extraordinarily tough and resilient individuals who face routine dangers far beyond what the average person ever encounters. The average person does not possess the courage, capabilities, or inner strength required to deal with what firefighters see and experience daily. However, the average person never has to process the stress, pressures, and traumatic events that firefighters experience routinely. Firefighter is consistently ranked amongst the most stressful of all jobs for good reason.

Research conducted by the IAFF on more than 7,000 firefighters finds that 81% report a stigma, or fear of being seen as weak or unfit for duty, if they ask for help. Furthermore 63% of firefighters who seek help from their EAP, despite the stigma, report that they found the services unhelpful. According to the research, the large majority of firefighters continue to suffer from unresolved emotional issues due to job stress, bad memories, sleep problems, being easily angered, and family problems. Our heroes are being exposed to extremely high rates of unending stress in service of all who need help, yet suitable help has not been made available for our heroes. This is why CordicoFire is such a critically important resource.

BECOME A MEMBER | VOLUNTEERS | RETIREES | SIGN IN | CART | STORE

PROUDLY SERVING THE ENTIRE CALIFORNIA FIRE SERVICE SINCE 1922

DEPARTMENT DIRECTORY

HOME | ABOUT CSFA | MEMBERSHIP | TOOLS AND RESOURCES | MEMBER BENEFITS | GOVERNMENT AFFAIRS | TRAINING AND EVENTS | INSURANCE

SHARE

California State Firefighters' Association (CSFA) and Cordico are Proud to Announce Strategic Partnership to Support Firefighters' Mental Health and Well-Being

Sacramento, California, July 21, 2019

California State Firefighters' Association (CSFA) and Cordico are pleased to announce they have formed a strategic partnership in support of CSFA members and firefighters' mental health and well-being.

In this partnership, Cordico will provide CSFA with training on firefighter stress, behavioral health and psychological survival as well as opportunities and educational resources. Cordico will provide articles for CSFA's magazine The California Fire Service, the state's only statewide fire service trade journal, as well as for CSFA's weekly Connection newsletter.

California State Firefighters' Association will provide Cordico with additional partnership, trai
fire service members through its website, meetings, and conferences.

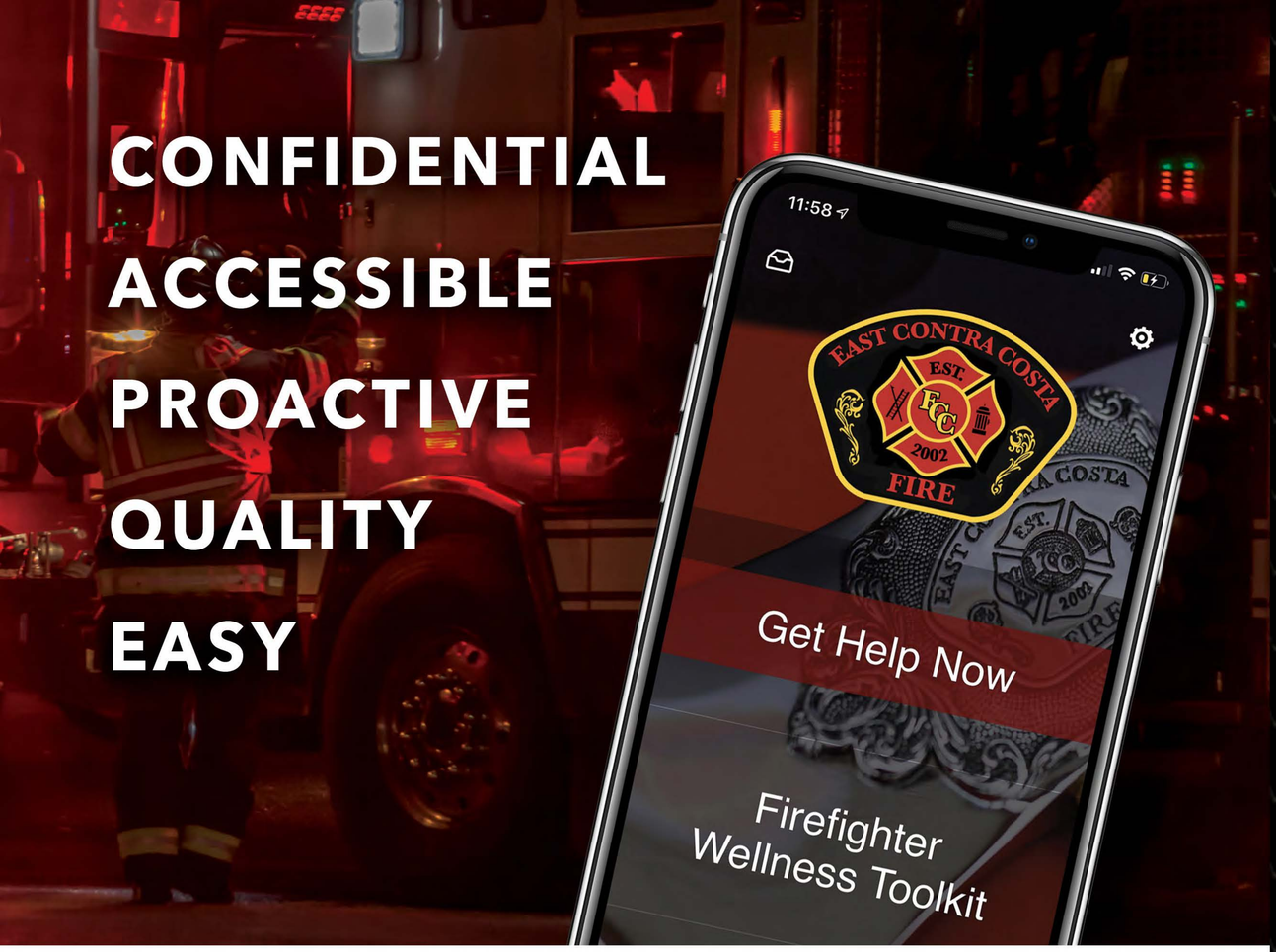
About California State Firefighters' Association

The Cordico and CSFA strategic partnership is dedicated to strengthening firefighter mental health and well-being.

As fire service leaders, are we doing enough to train, protect, prepare, and support our firefighters for what they will encounter during their service?

"Many research studies have focused on firefighter mental health challenges due to a single traumatic event. But what about repeated exposure to such events?"

https://www.firehouse.com/safety-health/article/12280354/depression-ptsd-shown-to-be-strongest-predictors-of-firefighter-suicide
https://www.usfa.fema.gov/current_events/011718.html



5 Reasons Fire Chiefs Want the CordicoFire Solution

24/7: Confidential Support for Your Department

Ease of Use: In-Hand, On-Demand, Push-of-Button

Best Quality: Most Comprehensive & Trusted Wellness Resources

Customized: CordicoFire Strengthens YOUR Wellness Culture

Innovative: Continuously Updated to Keep You Cutting-Edge

COST SAVINGS

How to Make the Case for a Strategic Investment in Firefighter Wellness

- **40% of job turnover is the result of stress.**
- **Depression is the largest single predictor of absenteeism and work-related performance.**
- **Preventing a single workers' comp stress claim can provide hundreds of thousands of dollars in cost savings.**

  Conversations with multiple risk management professionals responsible for workers' comp stress claim payments
- **$52 billion: Approximate amount of money employers pay per year for direct workers' compensation costs.**
- **One public safety employee resigning can cost in excess of $125,000.**

  Conversations with multiple municipalities.

https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx

https://www.uml.edu/research/cph-new/worker/stress-at-work/financial-costs.aspx

Occupational Safety and Health Administration, United States Department of Labor
https://www.osha.gov/dcsp/products/topics/businesscase/costs.html

THE #1 FIREFIGHTER WELLNESS SOLUTION

Customized at All Levels to Strengthen YOUR Wellness Culture

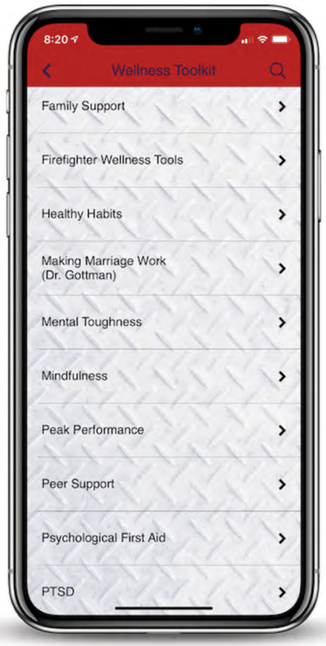
24 HOUR CRISIS ALERT FEATURE

Cordico CrisisAlert® Technology allows firefighters to activate a multitude of peer support resources simultaneously utilizing a coded phone number during a time of personal crisis.

"I'm very impressed with what Cordico is doing to support our first responders. Take a look at what Cordico is offering for law enforcement, firefighters, EMS, and dispatchers. I think you too will be impressed."

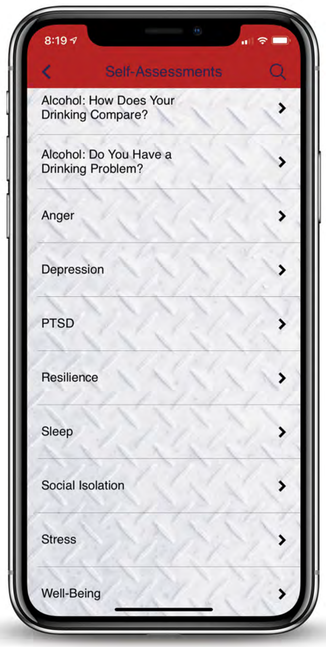
Gordon Graham *Lexipol Founder, Risk Manager/Lawyer*

CORDICOFIRE WELLNESS FEATURES



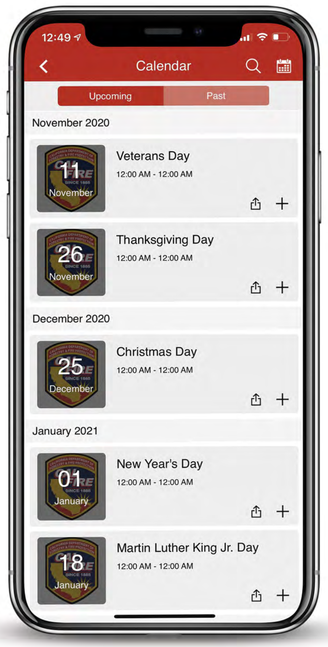
WELLNESS TOOLKIT

- Critical Incidents
- Depression
- Family Support
- Financial Fitness
- Firefighter Wellness
- Marriage Guidance and Support
- Mindfulness
- Peer Support
- Post-traumatic Stress
- Sleep Optimization
- Suicide Prevention
- Includes More Than 40 Wellness Modules



ANONYMOUS SELF-ASSESSMENTS

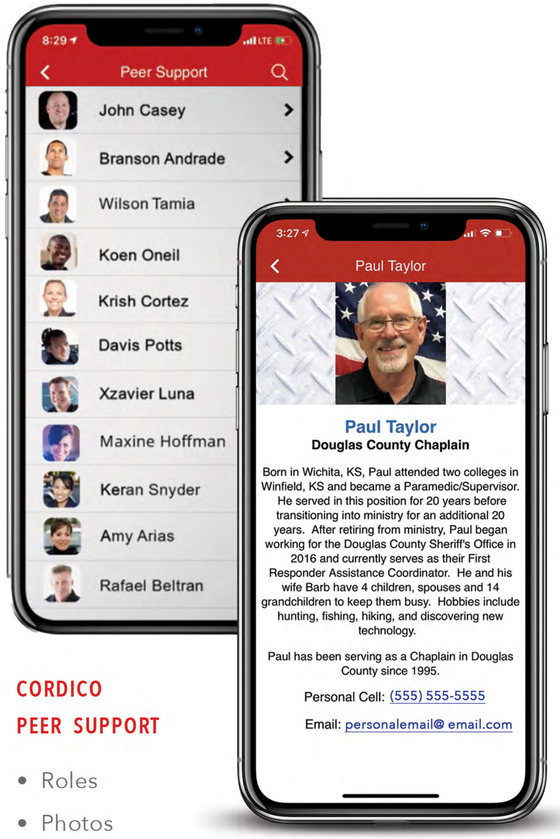
- Alcohol
- Anger
- Compassion Fatigue
- Depression
- PTSD
- Resilience
- Sleep
- Social Isolation
- Stress
- Well-Being
- And More



WELLNESS CALENDAR

- Track Important Events
- Cardiovascular Fitness
- Debrief Schedules
- Exercise Schedules
- Family Events
- Fundraisers
- Holidays
- Memorial Events
- Spin Classes
- Strength Training
- Team Meetings
- Training Exercises
- And More

Now you can place peer support team resources directly into the hands of your people. With CordicoFire, your personnel can access peer support with the click of a button, and that can make the difference between life and death.



CORDICO PEER SUPPORT

- Roles
- Photos
- Profiles
- Contact Info
- Ease of Access
- In-Hand Support
- One-Touch Calling
- Availability Information
- Multiple Teams (Optional)
- Peer Support Team Sharing (Optional)

Every peer support team member gets their own profile with their photo, contact info, and bio. If you don't have a peer support team, no problem, this feature can easily be activated in the future and we're here to help.

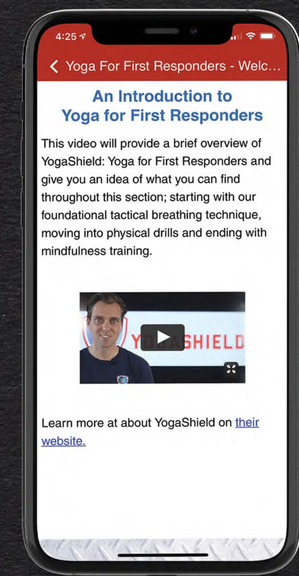
★★★★★★

Chief Billy Goldfeder

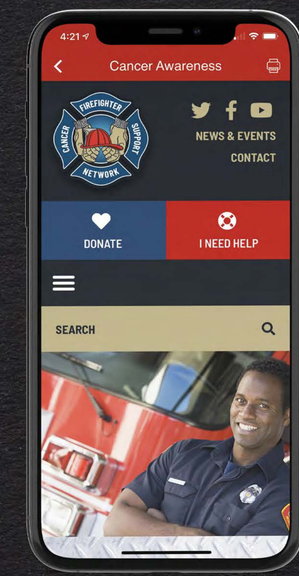
Firefighter Safety, Health & Survival Subject Matter Expert; Former Chair of the IAFC's Safety, Health & Survival Section

"Assuring firefighters and other responders 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 responders, the public, and the community's leadership. It's truly a win-win."

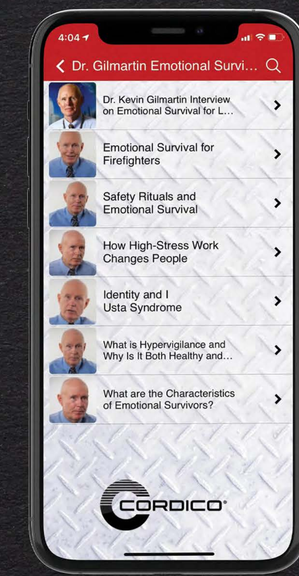
CORDICOFIRE FEATURES



Yoga for First Responders®



Cancer Awareness



Dr. Gilmartin's Emotional Survival

CORDICO THERAPIST FINDER

Providing confidential access to culturally competent firefigher wellness therapists is a vital and common-sense strategy to help strengthen firefighter wellness, resilience, morale, and long-term retention. The CordicoFire Therapist Finder highlights vetted clinician specializations, provides one-touch calling and map directions, and even enables optional teletherapy via HIPAA-encrypted video, an important consideration for officers in remote locations and also for departments that lack sufficient access to local therapists.

CORDICO CHAPLAIN SUPPORT

Who would you most want to contact in your moment of distress? For many firefighters, the answer is their chaplain, and Cordico Wellness Apps make it easy to do just that.

"The GuardianNET phone app enables our first responders to access a Chaplain 24/7. The app takes away the guesswork of identifying and contacting the "On-Call" Chaplain. No more delays identifying "who is available or what's their number." First responders, on duty or off, can now contact our Chaplains directly for assistance. Yet another benefit of having the GuardianNET phone app always within arm's reach."

PAUL TAYLOR,
1st Responder Assistance Coordinator
Douglas County Sheriff's Office

- 24/7/365 Proactive Wellness Solution
- In-Hand, On-Demand Access to Firefighter Wellness Tools
- Organization-Branded and Customized App
- Confidential Access + Utilization
- Apple iOS + Android Compatible
- App Admin Portal Access
- Adverse Childhood Experiences
- Alcohol Abuse
- Anger Management
- Anxiety, Panic Attacks, and Worry
- Behavioral Health Tools
- Brain Health + Cognitive Strength
- Burnout
- Cancer Awareness
- Chaplain Support
- Compassion Fatigue
- COVID-19 Resources
- Critical Incidents
- Depression
- Emotional Health
- Family Support
- Financial Fitness
- Firefighter Wellness
- Goal-Setting and Achievement
- Grief and Loss
- Healthy Habits
- Heart Health
- Injury Prevention
- Intrusive Traumatic Images: Coping Strategies
- Local Resources
- Major Life Events
- Marriage Guidance
- Mental Toughness
- Mindfulness
- Mobile One-Touch Calling
- Moral Injury
- New Hire: Keys to Wellness
- Nutrition
- Parenting Tips
- Peak Performance
- Peer Support
- Physical Fitness
- Physical Therapist Videos
- Post-traumatic Stress
- Psychological First Aid
- Push Notifications (Optional)
- Relationship Success
- Resilience Development
- Retirement: Getting Prepared
- Self-Care Checklists
- Sleep Optimization
- Stress Management
- Stress Response
- Substance Abuse
- Suicide Prevention
- Supporting Children Who Fear for Your Safety
- Teletherapy Portal w/HIPAA Encryption (Optional)
- Therapist Finder + Geo-Mapping (Optional)
- Trauma
- Wellness Push Notifications (Optional)
- Wellness Self-Assessment Tools
- Wellness + Technology Updates
- Wellness Videos
- Work-Life Balance
- Yoga for First Responders®

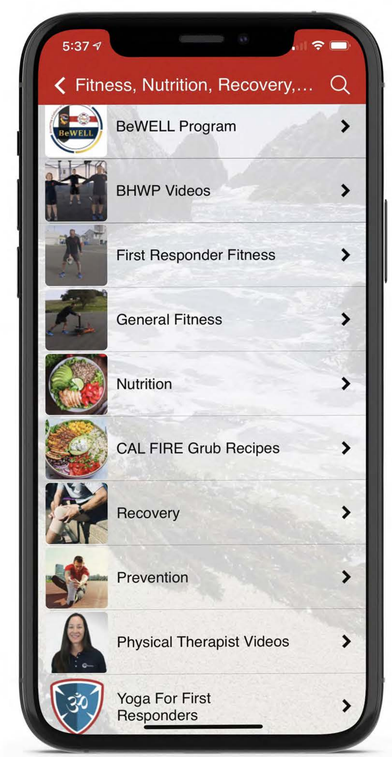
CORDICO IN THE NEWS: ARE YOU FIT FOR DUTY?

Cordico featured in Firehouse website

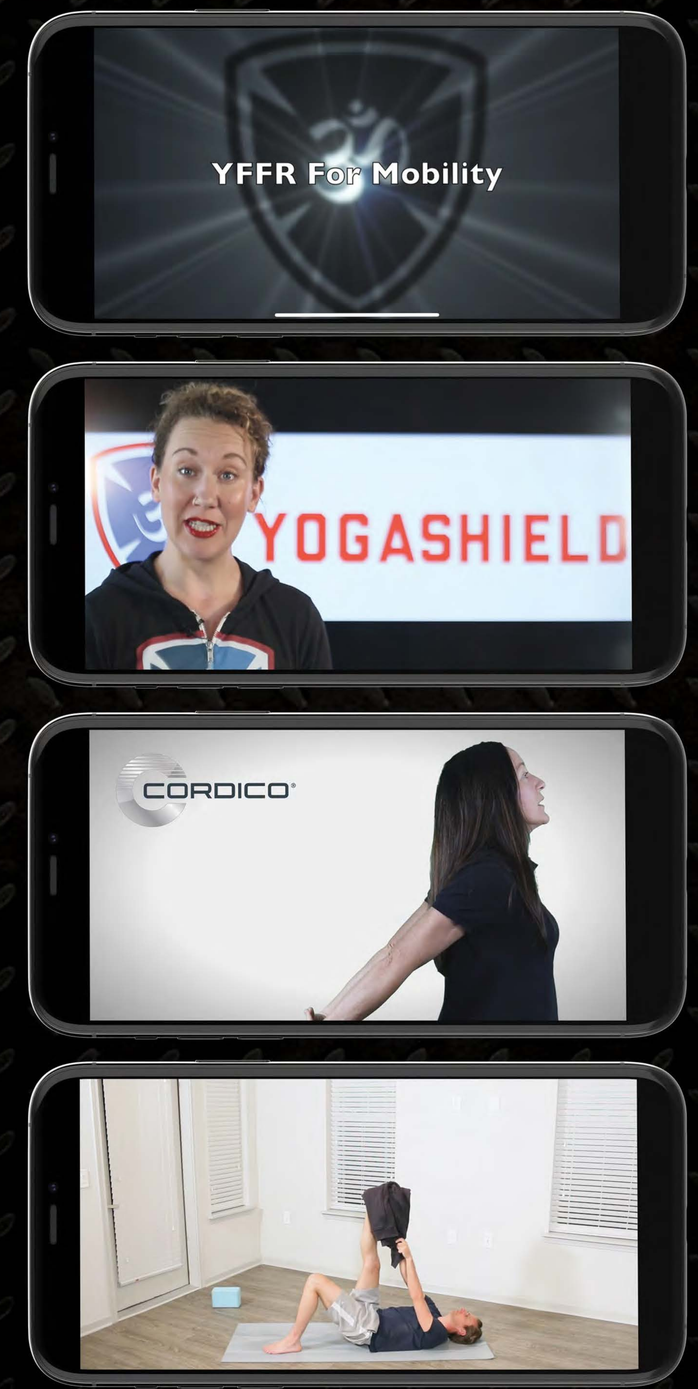
Cordico featured in the October 2020 Florida Fire Chief Magazine

PHYSICAL FITNESS RESOURCES

Providing access to firefighter workouts, physical fitness, nutrition, and injury prevention resources has never been easier. CordicoFire allows firefighters to access these continually updated, vital resources on-demand and at their convenience. Leverage the expansive CordicoFire library of physical health tools, and the Cordico team will also incorporate your existing resources to create the ideal mobile wellness platform for your department!



FIREFIGHTER FITNESS & NUTRITION

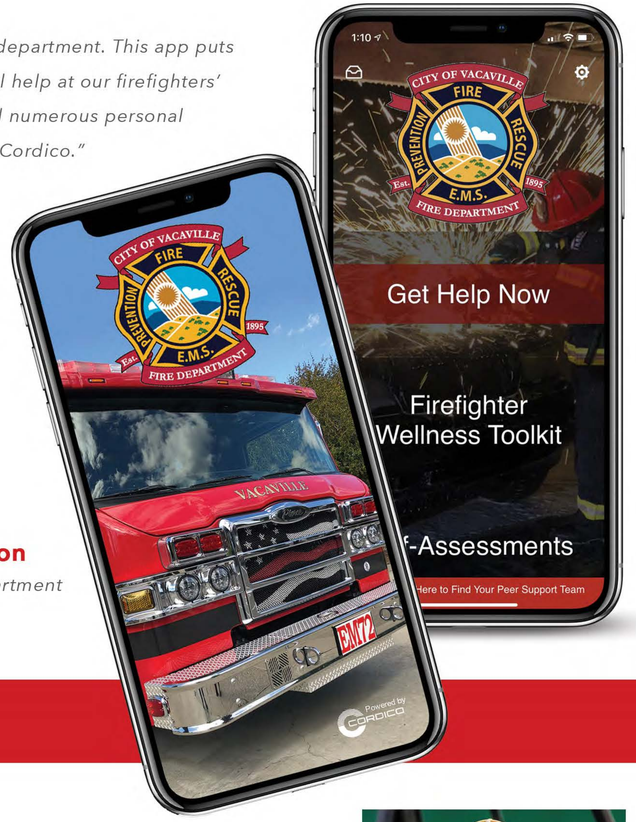


CORDICOFIRE POSTERS

Customized CordicoFire posters allow your personnel to install the app on their phones quickly and easily, while showcasing your agency as a leader in firefighter wellness.

"The Cordico app has been a game changer for our fire department. This app puts a wealth of information and – most importantly – personal help at our firefighters' fingertips to keep them mentally healthy. I have received numerous personal "thank-yous" from our firefighters since contracting with Cordico."

Fire Chief
Kris Concepcion
Vacaville Fire Department

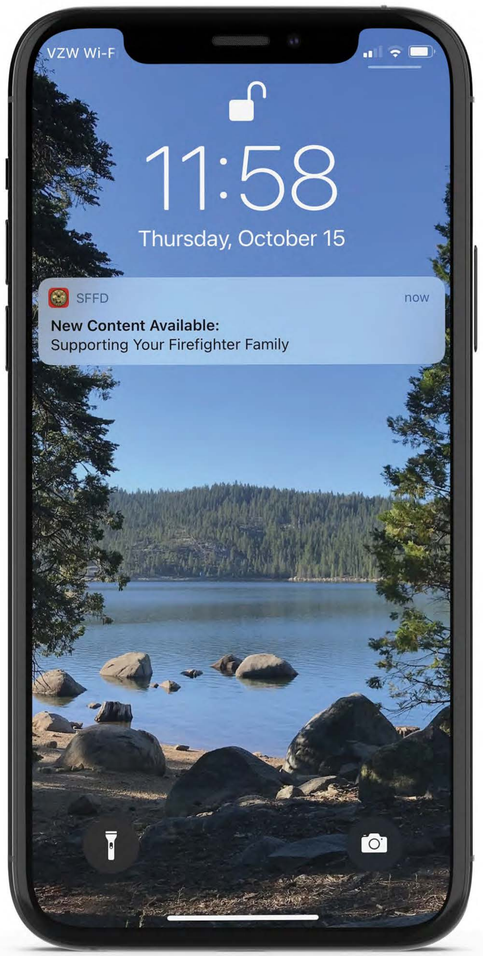


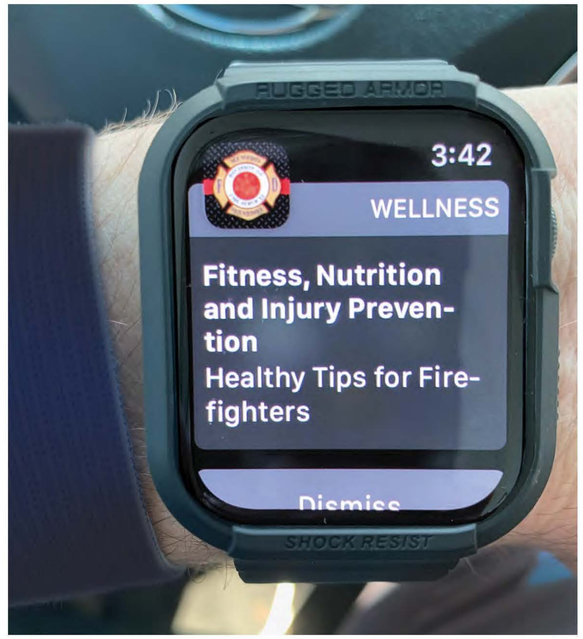
Fire Chief
Greg Lewis
Dixon Fire Department

"The issue of mental wellness in public safety has been in a closet or ignored for far too many years. Cordico provides our organization with a service second to none. By providing complete anonymity, 24/7 access, the "Wellness Tool Kit" and self-assessment capabilities all from a personalized application right from a mobile phone, a large gap in the mental wellness issue has been addressed. In the short 2 years we have subscribed, we've used the service a number of times. Our staff are very grateful the City has given them this tool that can be used at ANY TIME by both the employee and their spouse."

WELLNESS APP PUSH NOTIFICATIONS

Cordico Push Notifications Strengthen Real-Time Firefighter Wellness Engagement





Firefighter Wellness Push Notifications drive real-time awareness and strong engagement when new wellness tools, resources, and videos are available. Push Notifications put immediate, important announcements directly into the hands of your personnel:

* New Firefighter Wellness Tools
* New AudioCast® Wellness Resources
* Workout Calendar Schedules
* Peer Support Team Updates
* Video Announcements
* Agency News Alerts
* Training Alerts
* And much more!

PUSH NOTIFICATIONS call attention to high-priority and time-sensitive Firefighter Wellness Alerts

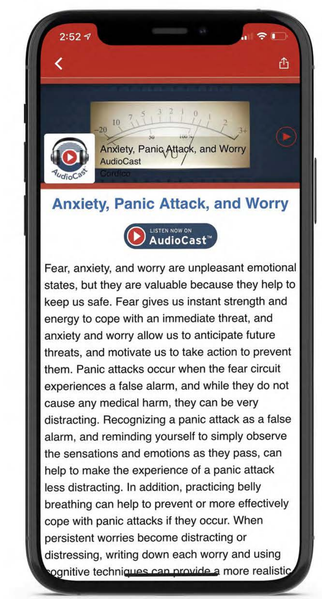
INTRODUCING AudioCast™

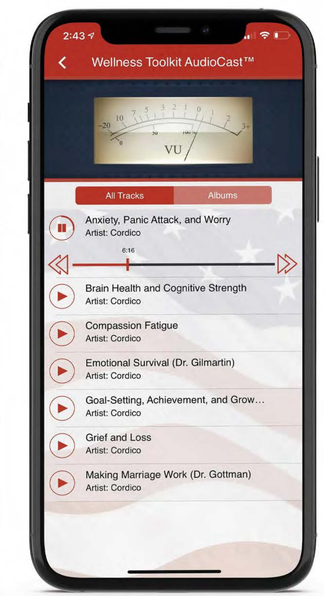
LISTEN NOW ON AudioCast™

Listen to firefighter wellness tools, tips, and resources on the go with Cordico exclusive AudioCast™ technology.

AudioCast™ modules include:

- Brain Health and Cognitive Strength
- Compassion Fatigue
- Emotional Survival
- Grief and Loss
- Making Marriage Work
- Managing Anxiety, Panic Attacks, and Worry
- And More





CORDICO PARTNERSHIPS

ACADIA HEALTHCARE

CALIFORNIA POLICE CHIEFS ASSOCIATION
Serving as the voice of and resource of choice for California's municipal Police Chiefs.

PROUDLY SERVING THE ENTIRE CALIFORNIA FIRE SERVICE SINCE 1922

CAPITAL EDGE
INSURANCE & FINANCIAL SERVICES

CODE4 Northwest

CONCERNS OF POLICE SURVIVORS C.O.P.S. EST. 1984

FINANCIAL COP
Building Financial Strength for First Responder Families

HYPERICE

ICMPC CHAPLAIN

LEXIPOL

LIFE SCAN Wellness Centers

Pinnacle Training Systems
The Scientific Approach To Your Success

PoliceGrantsHelp.com

SIGMA

SURVIVE FIRST

VOLT

WARRIOR'S REST FOUNDATION

YOGASHIELD YOGA FOR FIRST RESPONDERS

AFFILIATIONS AND SPONSORSHIPS

FBI NATIONAL ACADEMY — KNOWLEDGE COURAGE INTEGRITY

NATIONAL SHERIFFS' ASSOCIATION

IACP International Association of Chiefs of Police

Florida Police Chiefs Association est. 1952 — Mid-Winter Training Conference & Expo

FOP — JUS • FIDUS • LIBERTATUM

IAFC INTERNATIONAL FIRE CHIEFS ASSOCIATION ORG 1873

PUBLIC SAFETY PSPSA PEER SUPPORT ASSOC. Mind • Body • Spirit 911

Fire Chief Brian Fennessy
Orange County Fire Authority

"I've been a firefighter since 1978. Had the behavioral health resources available today been around early in my fire service career, me and so many other firefighters may not have had to suffer unnecessarily. To have these resources now available by simply clicking an app on a smartphone will positively provide healthy relief to firefighters and their families."

THIS APP IS SAVING LIVES & FAMILIES

CORDICO®

WWW.CORDICO.COM INFO@CORDICO.COM 1-844-CORDICO 1-844-267-3426

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