

Cordico Trusted Wellness Solutions

24/7 Support

Confidential Support for Your People

Ease of Use

In-Hand, On-Demand, Push-of-Button

Best Quality

Most Comprehensive and Trusted Wellness Resources

Customized

Strengthens YOUR Wellness Culture

Innovative

Continuously Updated to Keep You Cutting-Edge

"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 Management Expert



The Future
of Firefighter
Wellness

Learn more at
www.cordico.com

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+1 844-CORDICO (1-844-267-3426)



WELLNESS TOOLS

Alcohol Abuse
 Anger Management
 Anxiety, Panic Attacks, and Worry
 Behavioral Health Tools
 Brain Health and Cognitive Strength
 Chaplain Support
 Compassion Fatigue
 Critical Incidents
 Depression
 Emotional Health
 Family Support
 Financial Fitness
 Firefighter Wellness
 Grief and Loss
 Healthy Habits
 Injury Prevention
 Major Life Events
 Marriage Guidance
 Mental Toughness
 Mindfulness
 Moral Injury
 New Hire: Keys to Wellness
 Nutrition
 Parenting Tips
 Peak Performance
 Peer Support
 Physical Fitness
 Posttraumatic 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 (Optional)
 Therapist Finder
 Trauma
 Wellness Self-Assessment Tools
 Wellness Videos
 Work-Life Balance



Watch the CordicoFire Demo Video

cordico.com/app-demo-video



Request a Live CordicoFire Webinar Demo

cordico.com/webinar



Learn more about CordicoFire

cordico.com/fire

"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."



Chief Kris Concepcion
 Fire Chief
 Vacaville Fire Department

Firefighter suicides outnumber all combined line-of-duty deaths.¹

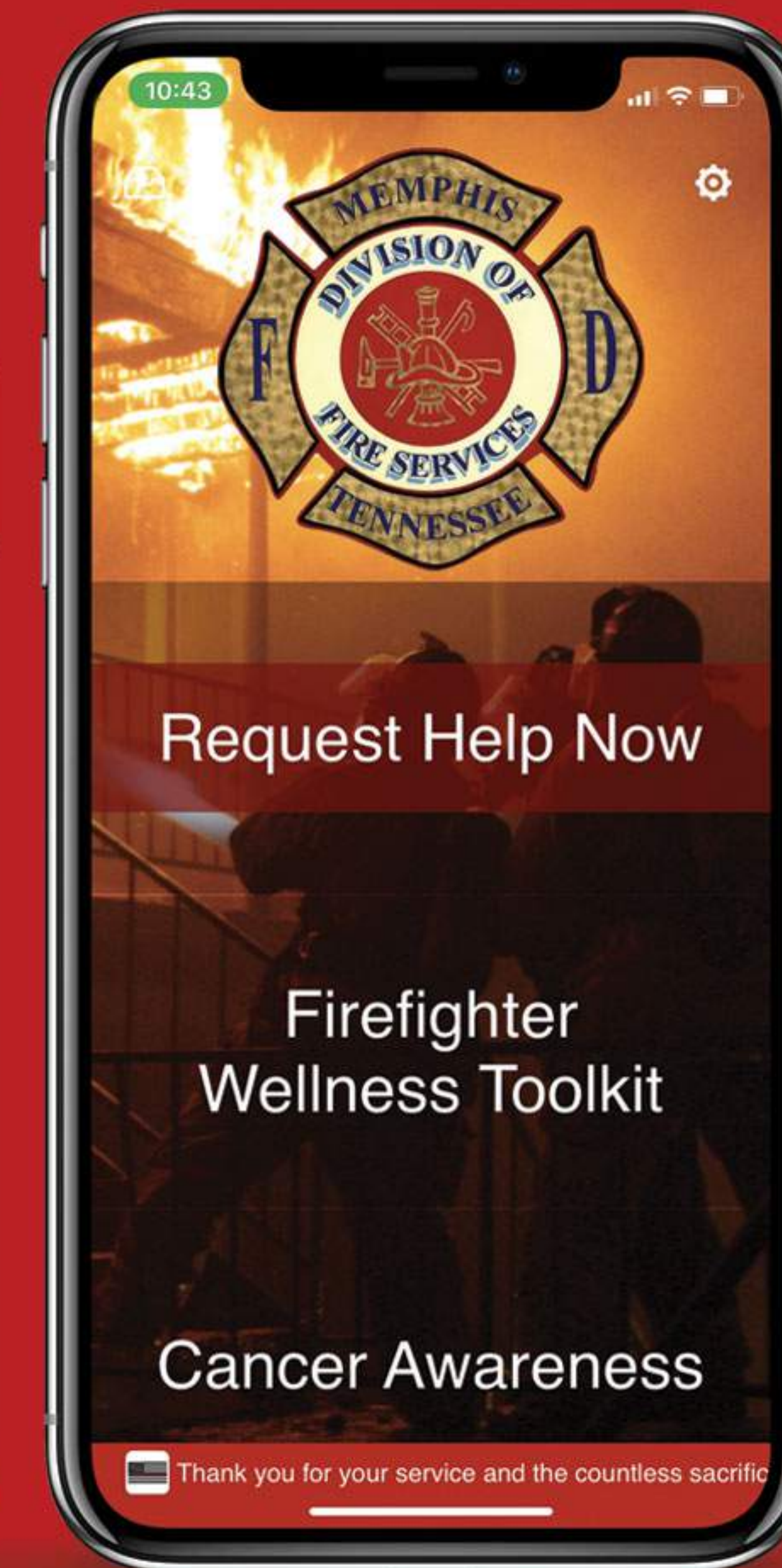
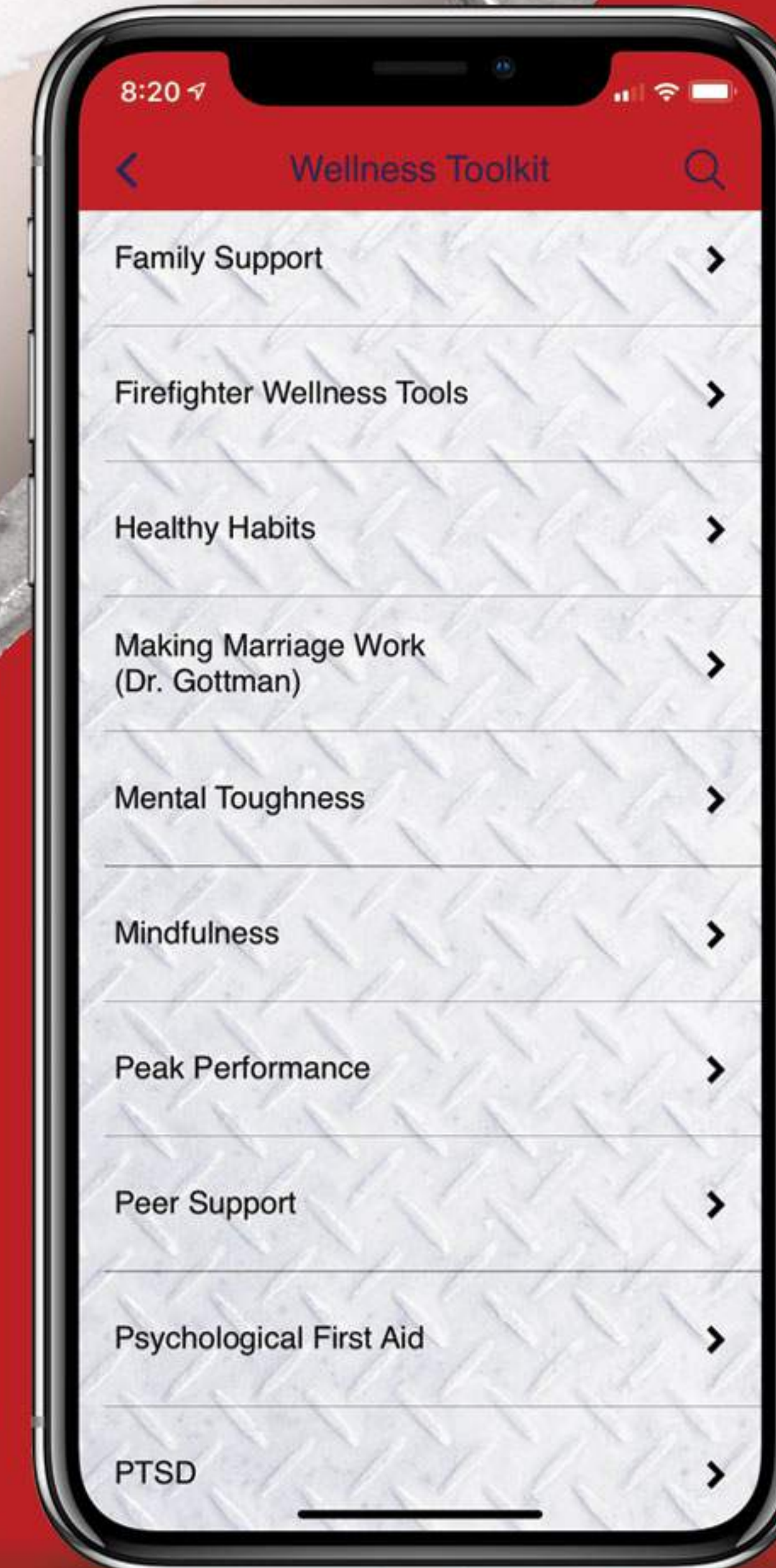
Firefighters suffer from high rates of mental disorders, with rates of PTSD, depression and heavy drinking continuing to rise in a linear manner with each additional trauma exposure.²

Health care expenditures are nearly 50% greater for workers who report high levels of stress.³

"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."



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



1 <https://www.usatoday.com/story/news/2018/04/11/officers-firefighters-suicides-study/503735002/>

2 <https://www.ncbi.nlm.nih.gov/pubmed/26607303>

3 Journal of Occupational and Environmental Medicine <https://www.cdc.gov/niosh/docs/99-101/default.html>