

Agency Wellness Quiz

Purpose: Intended to help boost engagement and make the app more interactive. Questions can focus only on the agency's content, which may resonate more with employees and make them more comfortable using the app, or they can include Cordico content as well, encouraging users to explore different areas of the app. Additional ideas to support engagement:

- Update quarterly with new questions
- Send push notifications when updated

You can view an example quiz [here](#).

Example Questions:

- How can a first responder in [Agency Name] schedule a confidential session with a mental health professional?
- When is the next on-duty yoga or mindfulness session scheduled at [Station/Facility Name]?
- Which mental health professionals are available through your agency's wellness app, and what are their specializations?
- Which of the following symptoms would prompt an automatic check-in or resource recommendation in the app?
 - Sleep disturbances
 - Increased alcohol use
 - Panic attacks
 - All of the above
- What steps should a member follow if they experience a panic attack while on duty, according to agency protocols?
- What is the maximum number of EAP sessions available per year as listed in the app?
- What types of self-assessments are included in the app?
 - Burnout Scale
 - Depression Screening
 - Alcohol Use Inventory
 - All of the above
- True or False: All wellness tracking data is shared with your chain of command.
- How often are users encouraged to complete the wellness self-check-ins?

Prize ideas:

Low-Cost (Under \$25)

- Coffee shop gift card (e.g., Starbucks, local cafe)
- Agency-branded merchandise (e.g., water bottles, hats, challenge coins)
- Premium parking spot for a week
- Duty shift “Golden Pass” - pick your station or first choice of vehicle
- Healthy snack basket
- Station duty pass - skip a routine chore (e.g., dishes or bay cleanup)
- Recognition certificate & name on leaderboard wall
- Cordico First Responder discount

Mid-Range (\$25-\$75)

- Gift cards (local restaurants, Amazon, sporting goods)
- Custom tactical gear (gloves, flashlights, rescue tools)
- Fitness-related items (foam roller, recovery tools, gym bag)
- Tickets to a local sports event or concert
- Bluetooth earbuds
- Mini massage gun or mobility tool
- Wellness service voucher (massage, acupuncture, float tank)

Premium / Annual Recognition (\$75-\$150+)

- Extra day off / shift trade credit
- Overnight hotel stay for two
- High-end wearable fitness tracker (Fitbit, Garmin, etc.)
- Annual gym membership or home fitness equipment
- Custom agency watch or ring
- Professional development stipend (e.g., class or course)

Experience & Recognition-Based Prizes

- Ride-along with a specialty unit (e.g., K9, air unit, tactical)
- Lunch with the Chief or Command Staff
- Feature in department newsletter or social media
- Honorary title for the month (e.g., "Wellness Warrior," "Knowledge Leader")
- Host the station mascot or trophy for a week