

SAMPLE PUSH NOTIFICATIONS

Why Send Push Notifications?

You can use push notification templates to achieve several goals. Here are just a few to start:

- 1. Provide Proactive Health and Wellness Support**
Planning a [Wellness Mission](#)? Use Push Notifications to drive awareness about it and help staff find corresponding wellness resources in the app. Your Customer Success Manager can assist you.
- 2. Provide Responsive Crisis Support**
In your [Wellness Console](#), did you notice an uptick in usage of a specific wellness topic (perhaps following an especially tough and/or tragic call)? Consider sending a Push Notification to help express your care, empathy, and support and to help them find the array of mental health toolkits, resources, and professionals listed in your app.
- 3. Support Agency Operations & Communications**
You can also send Push Notifications to support agency operations (such as training/event reminders, safety reminders, etc.).

How to Send Push Notifications

Great news: Sending Push Notifications is easy!

Watch the [Tech-Enhanced Wellness Program Communication training video](#) to first see examples of the ways and types of Push Notifications that other agencies are sending (time stamp 00:00 to 09:35), then continue watching to learn how to access the [Wellness Console](#) and send Push Notifications yourself (time stamp 09:36 to 25:30).

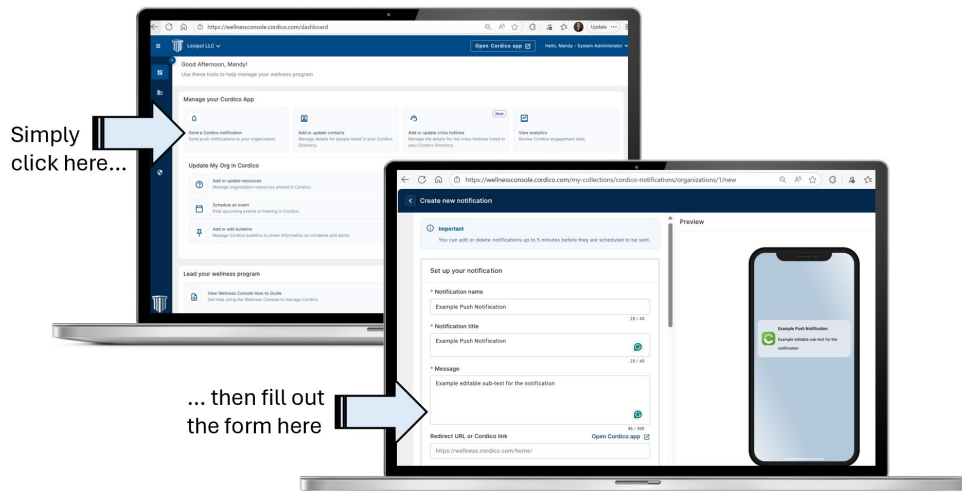


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SAMPLE PUSH NOTIFICATIONS

The following push notifications are based on common requests from first responder organizations. If your organization has other content that you want to highlight, let your CSM know. Our subject matter experts can work with you to set up a series of notifications to support your needs.

Event Response Notifications

Critical Incidents

Use these push notifications to direct personnel to helpful resources in the days and weeks after a critical incident occurs. There are generic templates that can apply to any type of critical incident, or templates that can apply more specifically to common types of critical incidents.

Immediately following a critical incident

- **OPTION 1: Self-Help**
 - **Title:** Tough call out?
 - **Message:** Practice this quick meditation before you go home. Continue to use this for 10 days after each shift for a mental reset.
 - **Deeplink:** Guided Meditations - Audiocast: Grounding Exercise in the Mindfulness Toolkit - <https://wellness.cordico.com/discover/guide/1451837/section/47617>

- **OPTION 2: Self-Help**
 - **Title:** Grounding After Tough Calls
 - **Message:** Let's practice grounding exercises with a guided meditation.
 - **Deeplink:** Guided Meditations - Audiocast: Grounding Exercise in the Mindfulness Toolkit - <https://wellness.cordico.com/discover/guide/1451837/section/47617>

- **OPTION 3: Helplines**
 - **Title:** We had a tough call team. Help is available.
 - **Message:** The “Support Hotlines” button on the app home screen is available 24/7 to give you and your team **confidential** access to support.

- **OPTION 4: Self-Help**
 - **Title:** Tough Call Today
 - **Message:** The Critical Incident module is specifically designed to provide supportive guidance to help you take good care of yourself, even (and especially) in times like this. Please take a look.
 - **Deeplink:** <https://wellness.cordico.com/discover/guide/47624>

- **OPTION 5: Self-Help**
 - **Title:** Critical Incident Self-Care Tips
 - **Message:** Critical incidents can be heart-wrenching. You can and will feel “normal again” but it may take time. This sleep meditation can help. Take care—you matter.
 - **Deeplink:** Guided Meditations for Sleep module (Sleep Sounds) in the Sleep toolkit - <https://wellness.cordico.com/discover/guide/1451837>

24 hours after a critical incident

- **OPTION 1: Helplines**
 - **Title:** Digesting a Critical Incident
 - **Message:** Remember that **confidential** help is available and only a tap away with the “Support Hotlines” button on the home screen. Reach out if you need support.
- **OPTION 2: Peer Support**
 - **Title:** Peer Support
 - **Message:** Confidential help is a tap away. Reach out.
 - **Deeplink:** Peer Support contacts in directory - ***IMPORTANT:** Only use this deep link if your Peer Support Directory is filled and up to date. <https://wellness.cordico.com/directory/contacts/3>

48 hours after a critical incident

- **OPTION 1: Self-Help**
 - **Title:** Check-in
 - **Message:** Uncomfortable thoughts and feelings are likely to come up for a couple of weeks post critical incidents. Take care of yourself by using the exercise, nutrition, hydration, and sleep tips in your Wellness app and connect with others to help you stay strong.
 - **Deeplink:** Sleep Toolkit: Pre-Sleep Checklist: <https://wellness.cordico.com/discover/guide/1451814/section/1439339>
- **OPTION 2: Self-Help**
 - **Title:** Self-Care
 - **Message:** After critical incidents, uncomfortable thoughts are normal. Check the self-care guide for effective recovery tips.
 - **Deeplink:** Post-Traumatic Incident Self-Care Checklist within Self-care Checklists module in Peak performance toolkit - <https://wellness.cordico.com/discover/guide/47157/section/47150>

1-2 weeks after a critical incident

- **OPTION 1: Self-Help**
 - **Title:** Post Critical Incident Check-in
 - **Message:** If things don't quite feel right, reach out for help. Check out the confidential resources available to support you. You're not alone—access support in your Wellness app now.
- **OPTION 2: Crisis Lines**
 - **Title:** Feel off?
 - **Message:** You're not alone. Tap to reach out for confidential help.
 - **Deeplink:** Support Hotlines - <https://wellness.cordico.com/hotlines>

Critical Incidents: OIS

- **OPTION 1: Self-Help**
 - **Title:** Officer-involved Shootings
 - **Message:** Officer-involved shootings can impact everyone, whether directly involved or not. The OIS module has helpful tips on navigating this extremely challenging experience. Access support in your wellness app now.
 - **Deeplink:** Officer Involved Shooting module within Trauma toolkit - <https://wellness.cordico.com/discover/guide/614693>
- **OPTION 2: Self-Help**
 - **Title:** Officer-involved Shootings
 - **Message:** Shootings of any kind can be both terrifying and tragic, and they impact everyone. Get tips & confidential support for you and your family. We're here for you. ❤️ 🚒
 - **Deeplink:** Officer Involved Shooting module within Trauma toolkit - <https://wellness.cordico.com/discover/guide/614693>

Critical Incidents: Death of a Child at Work

- **OPTION 1: Self-Help**
 - **Title:** When What Shouldn't Ever Happen, Happened
 - **Message:** Tragic calls involving kids are some of the most heartbreaking and gut-wrenching most people will face in their career. It might not hit you immediately, but it often hits eventually. Check out this resource for support and reach out for confidential help using your wellness app.
 - **Deeplink:** Death of a Child - Support for Law Enforcement module in the Career Wellness toolkit - <https://wellness.cordico.com/discover/guide/45934>
- **OPTION 2: Self-Help**
 - **Title:** Catching Your Breath After Devastation
 - **Message:** Tragic calls involving kids are tough and can have immediate and lasting impacts. You are not powerless, and you don't have to handle it alone. Tap for guidance and reach out for confidential help using your wellness app resources.
 - **Deeplink:** Death of a Child - Support for Law Enforcement module in the Career Wellness toolkit - <https://wellness.cordico.com/discover/guide/45934>

Critical Incidents: Line of Duty Death

- **OPTION 1: Self-Help**
 - **Title:** Devastating Loss and a Path to Survive Grief
 - **Message:** When an agency loses one of their own, the grief can be overwhelming. It can look different for everyone. Confidential support and resources, including this guidance on walking through grief, are here for you.
 - **Deeplink:** Grief <https://wellness.cordico.com/discover/guide/49663>
- **OPTION 2: Self-Help and Crisis Lines**
 - **Title:** Line of Duty Death: Grief Resources
 - **Message:** Losing one of our own can feel both heartbreaking and overwhelming, to say the very least. Let's support each other and seek help when we need it. You can access confidential resources and support lines 24/7. We will walk through this tragic time together.
 - **Deeplink:** Grief - <https://wellness.cordico.com/discover/guide/49663>

Internet Crimes Against Children

- **OPTION 1: Self-Help**
 - **Title:** ICAC Support
 - **Message:** Working on internet crimes against children? You are doing heroic work. With that, seeing disturbing images can be some of the most challenging work in the field. Remember, there are many ways to build resilience and manage stress. Find tips and support in your app to help you stay strong.
 - **Deeplink:** Internet Crimes Against Children: Coping & Resiliency module in the Career Wellness toolkit - <https://wellness.cordico.com/discover/guide/48793>

Peer Support and Therapists

Send these push notifications to help your personnel identify supportive resources if your department is dealing with significant stressors or critical incidents.

- **OPTION 1: Peer Support**
 - **Title:** Stronger Together
 - **Message:** Reach out to your Peer Supporters.
 - **Deeplink:** Peer Support contacts - <https://wellness.cordico.com/directory/contacts/3>
- **OPTION 2: Peer Support**
 - **Title:** Prioritize Your Mental Health
 - **Message:** Reach out to a therapist today.
 - **Deeplink:** Clinician Contacts - <https://wellness.cordico.com/directory/contacts/2>

Therapy Dogs

Use these push notifications to direct app users to the **My Org: Events** section of the app if the events list includes the dates, times, and locations of therapy dog visits.

- **OPTION 1: Event Announcement**
 - **Title:** 🐾 🎉 Tail wagging Visitor Today! 🐾 🎉
 - **Message:** (Insert therapy dog's name here) will be (insert location, date and time here)!
- **OPTION 2: Event Announcement**
 - **Title:** 🐾 🎉 Dog visit today! 🐾 🎉
 - **Message:** Tap to see which community event our sweet, fun-loving therapy dog will be at today!
 - **Deeplink:** Calendar feature in My Org - <https://wellness.cordico.com/org/events>
- **OPTION 3: Event Announcement**
 - **Title:** 🐾 🎉 Dog visit today! 🐾 🎉
 - **Message:** Treat yourself and your family! The tail wagging fun with our therapy dog will be at (insert date, time, and location here)!
- **OPTION 4: Event Announcement**
 - **Title:** 🐾 🎉 Treat time! 🐾 🎉
 - **Message:** Tap to find where the tail-wagging fun is today! 🎉
 - **Deeplink:** Calendar feature in My Org - <https://wellness.cordico.com/org/events>

Proactive Health and Wellness Topics

Friend and Family Wellness

Send these push notifications to highlight practices for improving relationships and family life.

- **OPTION 1: Marriage**
 - **Title:** Marriage Isn't Easy
 - **Message:** Balancing work, a spouse, and kids can be tough. Discover quick tips in the Family Wellness Video Library on topics like transitioning home, making marriage work, and talking to your kids in scary times.
- **OPTION 2: Marriage**
 - **Title:** Marriage Can Be Difficult
 - **Message:** Find quick tips in the family wellness videos on transitioning home, making marriage work, and talking to kids during scary times. 🏠
 - **Deeplink:** Family wellness video library in the Family wellness toolkit - <https://wellness.cordico.com/discover/guide/949744>
- **OPTION 3: Parenting**
 - **Title:** Parenting Advice
 - **Message:** Struggling with parenting challenges? Unlock first responder parenting tips! Get expert advice on effective communication, managing behavior, and fostering strong relationships.
- **OPTION 4: Parenting**
 - **Title:** Tips on Parenting
 - **Message:** Discover parenting tips today on communication, managing behavior, and fostering strong relationships with your kids. 👨👩👧👦📅
 - **Deeplink:** Parenting Tips for Law Enforcement - <https://wellness.cordico.com/discover/guide/47026> [Contact your CSM for non-LE deeplink]
- **OPTION 5: Self-Care**
 - **Title:** Juggling a Spouse, Kids, and More?
 - **Message:** There is no perfect solution. Discover a few strategies to handle stress, prioritize self-care, and more.
 - **Deeplink:** Work-life balance module in the Family wellness toolkit - <https://wellness.cordico.com/discover/guide/47734>
- **OPTION 6: Holidays**
 - **Title:** Holiday Complications and Stress
 - **Message:** Holidays can be tough to navigate for first responders who have spouses/kids/families. Discover tips to manage schedules, reduce stress, and stay connected. Make the most of the season with this guidance.
 - **Deeplink:** Holidays for first responder family module in Family Wellness Toolkit - <https://wellness.cordico.com/discover/guide/53798> [Contact your CSM for non-LE deeplink]
- **OPTION 7: Holidays**
 - **Title:** Holiday Obstacles and Stress
 - **Message:** Have a spouse, kid(s), and more? Discover tips to manage schedules, reduce stress, and stay connected this holiday season.
 - **Deeplink:** Holidays for first responder family module in Family Wellness Toolkit – <https://wellness.cordico.com/discover/guide/53798> [Contact your CSM for non-LE deeplink]

Financial Wellness

Encourage your team to enhance their personal finance knowledge with this series of push notifications.

- **OPTION 1: Insurance**
 - **Title:** Insurance FAQs
 - **Message:** Curious about which insurance is right for you? Learn about essential types and find out how they impact your retirement and estate planning, and how they protect your family.
 - **Deeplink:** Insurance Basics module in the Financial Wellness toolkit - <https://wellness.cordico.com/discover/guide/1005428>
- **OPTION 2: Insurance**
 - **Title:** Insurance Basics
 - **Message:** Curious about insurance? Discover types and their impact on retirement, estate planning, and family in Cordico. 🏠 📄 💡
 - **Deeplink:** Insurance Basics module in the Financial Wellness toolkit - <https://wellness.cordico.com/discover/guide/1005428>
- **OPTION 3: Insurance**
 - **Title:** Insurance Basics
 - **Message:** Get tips on living within your means, budgeting, and paying off credit cards in Cordico. 📊 📄 🏠
 - **Deeplink:** Financial Fitness module in the Financial Wellness toolkit - <https://wellness.cordico.com/discover/guide/48601>
- **OPTION 4: Investing**
 - **Title:** Investing Q&A
 - **Message:** Questions on investing for retirement or college? Secure your financial future. Get tips and guidance on financial planning and investing to support your goals.
 - **Deeplink:** Investing and Financial Planning module in the Financial Wellness toolkit - <https://wellness.cordico.com/discover/guide/183440>
- **OPTION 5: Retirement**
 - **Title:** The Financial Road to Retirement
 - **Message:** Questions on college investing and/or retirement? Get tips and guidance in your wellness app. 💰 📊 🎓
 - **Deeplink:** Investing and Financial Planning module in the Financial Wellness toolkit - <https://wellness.cordico.com/discover/guide/183440>

Leadership with Jocko Willink (Echelon Front)

Send this series of push notifications using a weekly cadence. Invite supervisors to promote the Jocko content and leadership principles to their shifts.

- **OPTION 1: Resilience**
 - **Title:** Resilience Reset with Jocko Willink
 - **Message:** Battle-tested and world-class leader Jocko Willink shows us how we can immediately feel stronger and more resilient by transforming our challenges into solutions. Watch now.
 - **Deeplink:** “Daily Tools” toolkit: “Resilience Reset” video with Jocko:
<https://wellness.cordico.com/discover/guide/2326762/section/2396067>
- **OPTION 2: Extreme Ownership**
 - **Title:** 🏆 Strength Boost from Battle-Tested Jocko 📺
 - **Message:** Enjoying a high quality of life starts with U.S. Retired Navy SEAL’S Key Principle #1: Extreme Ownership. Immediately benefit from this video tip with Jocko himself. M
 - **Deeplink:** Module in Leadership toolkit - Key Principle #1: Extreme Ownership
<https://wellness.cordico.com/discover/guide/294099>
- **OPTION 3: Discipline Equals Freedom**
 - **Title:** 🏆 Life Upgrade with Battle-Tested Jocko 📺
 - **Message:** Freedom is an excellent passport to joy, but freedom isn’t free. Watch U.S. Retired Navy SEAL Jocko Willink’s top tip to stay on the path and use discipline to earn freedom in every area of your life.
 - **Deeplink:** Key Principle #2: Discipline Equals Freedom module in Leadership toolkit -
<https://wellness.cordico.com/discover/guide/294109>
- **OPTION 4: Discipline Equals Freedom**
 - **Title:** 🏆 Upgrade Your Inner Strength with Jocko
 - **Message:** Watch U.S. Retired Navy SEAL Jocko Willink to learn new ways to stay on the path today.
 - **Deeplink:** Key Principle #2: Discipline Equals Freedom module in Leadership toolkit -
<https://wellness.cordico.com/discover/guide/294109>
- **OPTION 5: Prioritize and Execute**
 - **Title:** ⚡ Get the Tactical Edge with Jocko Willink ⚡
 - **Message:** U.S. Retired Navy SEAL Jocko video tip for first responders! Get the tactical edge by prioritizing and executing by using this key strategy.
 - **Deeplink:** Key Principle #3: Cover and Move module in Leadership toolkit -
<https://wellness.cordico.com/discover/guide/294437>
- **OPTION 6: Cover and Move**
 - **Title:** 🏆 Enhance Your Tactics with Jocko Willink
 - **Message:** Tap to watch U.S. Navy SEAL Jocko Willink’s battle-tested key principles and top tips for first responders.
 - **Deeplink:** Key Principle #3: Cover and Move module in Leadership toolkit -
<https://wellness.cordico.com/discover/guide/294437>

- **OPTION 7: Success through Simplicity**
 - **Title:** Simple is Smooth & Smooth is Fast
 - **Message:** Watch U.S. Retired Navy SEAL Jocko Willink to learn how you can uplevel with this battle-tested principle.
 - **Deeplink:** Key Principle #4: Simple module in Leadership toolkit - <https://wellness.cordico.com/discover/guide/294443>

- **OPTION 8: Success through Simplicity**
 - **Title:** Feeling Overloaded?
 - **Message:** This battle-tested tip from U.S. Retired Navy SEAL Jocko Willink will feel like a breath of fresh air as he helps us simplify success.
 - **Deeplink:** Key Principle #4: Simple module in Leadership toolkit - <https://wellness.cordico.com/discover/guide/294443>

- **OPTION 9: Prioritize and Execute**
 - **Title:** Get Un-Stuck Today
 - **Message:** This battle-tested tip from U.S. Retired Navy SEAL Jocko Willink will help you clear your head and regain the strength to prioritize, execute, and succeed.
 - **Deeplink:** Key Principle #5: Prioritize and Execute module in Leadership toolkit - <https://wellness.cordico.com/discover/guide/294445>

- **OPTION 10: Prioritize and Execute**
 - **Title:** De-Stress with Clear Priorities
 - **Message:** When everything feels like a priority, it's hard to get anything done. Check out the battle-tested advice from U.S. Retired Navy SEAL Jocko Willink to clear the fog, re-set your priorities, and therein gain confidence and peace.
 - **Deeplink:** Key Principle #5: Prioritize and Execute module in Leadership toolkit - <https://wellness.cordico.com/discover/guide/294445>

- **OPTION 11: Decentralized Command**
 - **Title:** Get Your Time Back
 - **Message:** When there are more to-do's than there are hours in the day, it's time to delegate, but that's easier said than done. Watch this video with Jocko Willink for world-class, battle tested tips that work.
 - **Deeplink:** Key Principle #6: Decentralized Command module in Leadership toolkit - <https://wellness.cordico.com/discover/guide/294447>

- **OPTION 12: Decentralized Command**
 - **Title:** 🏆 Lead & win with Jocko!
 - **Message:** Watch U.S. Retired Navy SEAL Jocko Willink's coaching on how to both help and empower your first responder team.
 - **Deeplink:** Key Principle #6: Decentralized Command module in Leadership toolkit - <https://wellness.cordico.com/discover/guide/294447>

LEO Physical Fitness

Send these push notifications on a weekly cadence or pick and choose the ones that make the most sense for your organization, to highlight the importance of physical fitness in a law enforcement career.

- **OPTION 1: The Purpose of LEO Physical Fitness**
 - **Title:** 🤝 LEO-to-LEO: When Fitness Mattered Most
 - **Message:** What difference does being physically fit make when you're on a call? Life and death. Watch this seasoned officer explain.
 - **Deeplink:** Purpose: LEO Perspective: Physical Fitness Increases Safety section in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/750232/section/750219>
- **OPTION 2: Job-Specific Fitness Training LEOs Should Prioritize First**
 - **Title:** LEO-Specific Tactical Athlete Training Guide
 - **Message:** Which exercises matter most for LEOs? These high-priority, job-specific choices will help you unlock your tactical edge.
 - **Deeplink:** Fitness for Law Enforcement: Prioritizing the Right Exercises module in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/750704>
- **OPTION 3: Back Pain Relief for First Responders**
 - **Title:** 🚒 Back pain? You're not alone. Let's fix it.
 - **Message:** Take control of your back pain today with stability training exercises and stretches that can provide long-lasting relief.
 - **Deeplink:** Workout Level 2: The Importance of Stability Training for Officers module in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/705447>
- **OPTION 4: Ache & Pain Relief for First Responders**
 - **Title:** 🚒 Joint pain? Relief is Available
 - **Message:** Tap to uncover potential root issues & proven solutions.
 - **Deeplink:** Workout Level 2: The Importance of Stability Training for Officers module in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/705447>
- **OPTION 5: Exercise Minimums for LEOs**
 - **Title:** You're stronger than you know! 🤝
 - **Message:** Watch how 12 minutes of exercise can make all the difference.
 - **Deeplink:** Physical Fitness: How Much Exercise Training Do Officers Need? Section in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/750431/section/750410>
- **OPTION 6: Exercise Motivation for LEOs**
 - **Title:** How Much Exercise Training do Officers Need?
 - **Message:** Tap to see how 12 minutes of exercise can upgrade your strength, safety, health, quality of life, and longevity.
 - **Deeplink:** Physical Fitness: How Much Exercise Training Do Officers Need? Section in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/750431/section/750410>
- **OPTION 7: Exercise Prep**
 - **Title:** Transform Gym Time: Max Energy, Min Struggle
 - **Message:** Tap to see how the right, simple prep can transform your gym experience into the highlight of your day.
 - **Deeplink:** Physical Fitness: How Much Exercise Training Do Officers Need? Section in the Physical Fitness toolkit - [Cordico Wellness - A Lexipol Solution | Fitness for Law Enforcement: Training for Maximum Results](#)

- **OPTION 8: Level 1 Workouts**
 - **Title:** Break time! Try Restorative Physical Therapy
 - **Message:** Follow this fitness program of physical therapy exercises and stretches to help reduce pain and prevent injury.
 - **Deeplink:** [Cordico Wellness - A Lexipol Solution | Workout Level 1: Physical Therapy and Injury Prevention for Law Enforcement](#)

- **OPTION 9: Level 2 Workouts**
 - **Title:** 🧘 Access Tension Relief Now (equipment-free)
 - **Message:** Use the tactical-specific stretches and exercises shown here to relieve tension in your upper body, torso, and lower body today. Share the one you find most helpful with a friend and/or family member.
 - **Deeplink:** [Cordico Wellness - A Lexipol Solution | Workout Level 2: Flexibility and Stability Training for Law Enforcement](#)

- **OPTION 10: Level 3 Workouts**
 - **Title:** 🏃 Have a need for speed? Let's go!
 - **Message:** Use this tactical, evidence-based, practical exercise program to gradually and systematically increase your cardio strength, speed, and endurance for key job tasks. Try it with your shift to gain the tactical advantage when you're on calls.
 - **Deeplink:** [Cordico Wellness - A Lexipol Solution | Workout Level 3: Cardio Endurance and Speed Training for Law Enforcement](#)

- **OPTION 11: Level 4 Workouts**
 - **Title:** 🏋️ You were born to be strong! Uplevel today 🏋️
 - **Message:** Public safety job tasks are not for the weak. Use this occupation-specific weight training and cardio training routine to maximize your readiness to rise to every challenge. Share it with your shift for a bit of friendly competition!
 - **Deeplink:** [Cordico Wellness - A Lexipol Solution | Workout Level 4: Strength Training for Law Enforcement](#)

- **OPTION 12: Level 5 Workouts**
 - **Title:** 🏃 How do elite-level tactical athletes train?
 - **Message:** Check out the full tactical strength and conditioning training program today and challenge your friends to try it with you.
 - **Deeplink:** [Cordico Wellness - A Lexipol Solution | Workout Level 5: Agility and Power for Tactical Athletic Training for Law Enforcement](#)

- **OPTION 13: Civilian Workouts**
 - **Title:** Winning the Long Game
 - **Message:** Getting things done feels good, but if doing so is at the cost of sitting for hours and hours on end without standing up or walking, it could rob you of your health. Check out this practical, evidence-based exercise guidance for quick tips to stay fit, even as a desk athlete.
 - **Deeplink:** <https://wellness.cordico.com/discover/guide/1007445>

Mental Health Awareness

Send this series of push notifications using a weekly cadence for a month of mental health awareness.

- **OPTION 1: Burnout**
 - **Title:** Burned out? Dr. Gilmartin can help.
 - **Message:** Improve your lifespan and overcome burnout with tips from Dr. Gilmartin.
 - **Deeplink:** Emotional Survival module in the Emotional & Mental Wellness toolkit - <https://wellness.cordico.com/discover/guide/47709>
- **OPTION 2: Suicide Prevention**
 - **Title:** One is too many. Help save a life today.
 - **Message:** Get help or support someone else. Help save a life today.
 - **Deeplink:** Suicide Prevention module in the Emotional & Mental Wellness toolkit - <https://wellness.cordico.com/discover/guide/216335>
- **OPTION 3: Anxiety**
 - **Title:** Calm anxiety, panic, and worry today.
 - **Message:** The job is stressful, but you don't have to stay in that state. Discover strategies to reduce anxiety and worry.
 - **Deeplink:** Anxiety, Panic Attacks & Worry module in the Emotional & Mental Wellness toolkit] - <https://wellness.cordico.com/discover/guide/48971>
- **OPTION 4: Anger**
 - **Title:** Feeling angry? Calm restoration is possible.
 - **Message:** Unlock insights into causes of anger and strategies to manage triggers.
 - **Deeplink:** Anger Management module in the Emotional & Mental Wellness toolkit - <https://wellness.cordico.com/discover/guide/46548>

Mindfulness

Send this series of push notifications using a weekly cadence to engage employees with the healing practice of mindfulness. To encourage people to find a mindfulness solution that works for them, consider having a Mindfulness Month.

- **OPTION 1: Mindfulness**
 - **Title:** Mindfulness Victory
 - **Message:** Start this before bed for better sleep.
 - **Deeplink:** Body Scan for Sleep in Guided Meditations Module in Mindfulness toolkit - <https://wellness.cordico.com/discover/guide/50723/section/50628>
- **OPTION 2: Worry**
 - **Title:** Feeling overly worried?
 - **Message:** Boost your resilience by releasing the heaviness you've been carrying with this brief meditation.
 - **Deeplink:** Meditation for working with difficulties module in Mindfulness toolkit - <https://wellness.cordico.com/discover/guide/50723/section/50681>
- **OPTION 3: Concern**
 - **Title:** Feeling overly concerned?
 - **Message:** Let go of the heaviness you've been carrying with this 10-minute meditation.
 - **Deeplink:** YFFR Mindfulness Training: Iron Heart module in the Physical Fitness toolkit - <https://wellness.cordico.com/discover/guide/49395/section/49802>

- **OPTION 4: Mood Boost**
 - **Title:** A Moment of Loving Kindness
 - **Message:** Boost your mood with this brief meditation.
 - **Deeplink:** Loving Kindness Meditation in Guided Meditations Module in Mindfulness toolkit - <https://wellness.cordico.com/discover/guide/50723/section/50688>

Nutrition

Send these push notifications to encourage personnel to establish healthy hydration and nutrition habits.

- **OPTION 1: Tactical Hydration**
 - **Title:** 💧 Water break! 🧠💪
 - **Message:** Tap to learn how much you need for optimal mental and physical performance.
 - **Deeplink:** Key Nutrition Skills module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/185805>
- **OPTION 2: Healthy Tactical Snack Examples**
 - **Title:** Snack attack!
 - **Message:** Watch this smart snacking video to see examples of quick grab-and-go items you can easily pick up at the store to power your day.
 - **Deeplink:** Nutrition Success Tools module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186241>
- **OPTION 3: Healthy Tactical Nutrition Decisions**
 - **Title:** In a Sea of Snacks, Which is Best?
 - **Message:** Watch this myth-busting video to learn simple ways to discern the best power-boosting bites at the store.
 - **Deeplink:** Nutrition Video Library module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/1327937>
- **OPTION 4: Restaurant Guides**
 - **Title:** Eating out? Check this before you go.
 - **Message:** Enjoying your meal while *also* staying on-track with your goals becomes simple when you use these tactical Restaurant Guides.
 - **Deeplink:** Restaurant Guides module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/205933>

Peer Support

Send these push notifications if your agency is looking to engage your peer support team with the app. You can schedule push notifications exclusively for your Peer Supporters login.

- **OPTION 1: Peer Support Team Member FAQs**
 - **Title:** FAQs for Peer Supporter Team Members
 - **Message:** In the early stages of starting a peer support team? Check out these FAQs to ensure you're starting off on the right foot.
 - **Deeplink:** Peer Support FAQ module in the Peer Support toolkit - <https://wellness.cordico.com/discover/guide/236519>
- **OPTION 2:**
 - **Title:** Cheat Sheet for Peer Support
 - **Message:** Need a cheat sheet for helping your peers? Your app has info to support colleagues with sleep challenges, critical incidents, relationship issues, and more. Explore now and enhance your support skills!
 - **Deeplink:** The Cordico App - <https://wellness.cordico.com/home>

PTSD Self-Assessment

Use these push notifications to direct app users to the **Self Assessments** area of Cordico so they can evaluate whether they meet the criteria for PTSD and get the help they need.

- **OPTION 1: PTSD Self-Assessment**
 - **Title:** Anonymous PTSD Self-Assessment
 - **Message:** Do your symptoms meet the criteria for PTSD? Try this confidential self-assessment to see where you stand so that you can take steps to protect your mental health.
 - **Deeplink:** PTSD Self-Assessment - <https://wellness.cordico.com/discover/assessment/104254>

Resilience

Send these push notifications to help your team manage stress and enhance overall resilience.

- **OPTION 1: Resilience Roadmap**
 - **Title:** Resilience Assessment and Roadmap
 - **Message:** Try this anonymous resilience self-assessment for first responders to get a personalized resilience roadmap that builds on your strengths and helps you overcome vulnerabilities.
 - **Deeplink:** CREST Resilience Assessment - <https://wellness.cordico.com/discover/assessment/1637183>
- **OPTION 2: Increasing Resilience**
 - **Title:** Resilience Boost
 - **Message:** Learn how to watch out for signs of fading resilience and how to build it back up.
 - **Deeplink:** Strengthening your Resilience module in the Peak Performance toolkit - <https://wellness.cordico.com/discover/guide/1954832>

Sleep Optimization

Send these push notifications to highlight evidence-based practices for improving sleep.

- **OPTION 1: Trouble Sleeping**
 - **Title:** Can't sleep?
 - **Message:** Watch & try this pre-sleep checklist video designed specifically for first responders.
 - **Deeplink:** Pre-Sleep checklist section in the Sleep toolkit - <https://wellness.cordico.com/discover/guide/1451814/section/1439339>
- **OPTION 2: Trouble Decompressing**
 - **Title:** Are racing thoughts keeping you awake?
 - **Message:** Calm your mind with these sleep sounds.
 - **Deeplink:** Sleep Sounds module in the Sleep toolkit - <https://wellness.cordico.com/discover/guide/49582>
- **OPTION 3: Sleep Meditations**
 - **Title:** Pre-sleep Meditations
 - **Message:** Quiet your brain for sleep with these guided sleep meditations.
 - **Deeplink:** Guided Meditations for Sleep module in the Sleep toolkit - <https://wellness.cordico.com/discover/guide/1451837>

Stress Screening

Consider sending these push notifications as part of a larger stress awareness and management campaign.

- **OPTION 1: Alcohol Screening Test**
 - **Title:** Alcohol Consumption
 - **Message:** How much is too much? See if alcohol is impacting your well-being and longevity.
 - **Deeplink:** Alcohol Screening Test - <https://wellness.cordico.com/discover/assessment/783813>
- **OPTION 2: Negative Thoughts & Emotions**
 - **Title:** Heavy negative thoughts or emotions?
 - **Message:** Boggled down by negative thoughts and emotions? Try this anonymous depression screening tool to see if you're just having a bad day or if it might be more serious.
 - **Deeplink:** Depression Screening Tool - <https://wellness.cordico.com/discover/assessment/103669>
- **OPTION 3: Anger Assessment**
 - **Title:** Feeling irritable and snapping?
 - **Message:** How irritable are you? Try this anonymous Anger Self-Assessment to see how well you're managing things and check out the Anger Management content in your app for immediate help.
 - **Deeplink:** Cordico Anger Scale - <https://wellness.cordico.com/discover/assessment/45644>
- **OPTION 4: Stress Assessment**
 - **Title:** Feeling stressed?
 - **Message:** Gauge your stress level today with the anonymous self-assessment featuring the Perceived Stress Scale.
 - **Deeplink:** Perceived Stress Scale - <https://wellness.cordico.com/discover/assessment/109031>

Trauma

Use these push notifications to direct app users to resources focused on trauma so they can educate themselves on the different ways trauma can affect them.

- **OPTION 1: The Impact of Trauma**
 - **Title:** The Impact of Trauma
 - **Message:** Curious about how trauma affects the body and mind? Check out this summary of best-selling book *The Body Keeps the Score*.
 - **Deeplink:** The Body Keeps the Score module in the Trauma toolkit - <https://wellness.cordico.com/discover/guide/236914>
- **OPTION 2: Trauma Insights**
 - **Title:** Trauma Facts
 - **Message:** Dive into brief, impactful videos on trauma topics like PTSD, alcohol, self-care, family care, and secondary trauma. Empower yourself with essential insights.
 - **Deeplink:** Trauma video library in the Trauma toolkit - <https://wellness.cordico.com/discover/guide/1939360>

Wellness Challenge

8-Week Weight Loss Challenge

Send these push notifications over the course of nine weeks to encourage personnel to participate in this evidence-based weight loss challenge specifically designed to support first responders, civilian support staff, and their loved ones.

- **NOTIFICATION #1: Launch the Weight Loss Challenge**
 - **Title:** Join Our Agency's Weight Loss Challenge!
 - **Message:** 🙌 Tap to see how it works and the path to success! 🏆
 - **Deeplink:** 8-week Weight Loss Challenge: Welcome module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/226503>
- **NOTIFICATION #2: Promote "Weight Loss Challenge Week 1" Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 1 Success Tips
 - **Message:** Tap for pro tips specifically designed to help tactical professionals start smart! 💡
 - **Deeplink:** 8-week Weight Loss Challenge: Start Smart module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/226603>
- **NOTIFICATION #3: Promote "Weight Loss Challenge Week 2" Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 2 Success Tips
 - **Message:** Having the right mindset is everything when it comes to successfully making healthy choices. Tap for pro tips you can use today! 🏆 🧠
 - **Deeplink:** 8-week Weight Loss Challenge: Master Timing module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/226802>
- **NOTIFICATION #4: Promote "Weight Loss Challenge Week 3" Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 3 Success Tips
 - **Message:** Sugar is one of the toughest temptations we all face when trying to optimize our weight. Check out this video to learn how tactical pros can outsmart it!
 - **Deeplink:** 8-week Weight Loss Challenge: Outsmart Sugar module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/226879>

- **NOTIFICATION #5: Promote “Weight Loss Challenge Week 4” Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 4 Success Tips
 - **Message:** Grocery shopping has never been easier! Tap to watch this quick video on how to grocery shop like a pro. Master Grocery Shopping! 🍷🛒
 - **Deeplink:** 8-week Weight Loss Challenge: Master Grocery Shopping module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/226956>

- **NOTIFICATION #6: Promote “Weight Loss Challenge Week 5” Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 5 Success Tips
 - **Message:** Maximizing daily energy makes smart nutrition choices *worth it*. This video separates the signal from the noise and makes the healthy choice the easy one. ⚡🧘
 - **Deeplink:** 8-week Weight Loss Challenge: Balance your Meals module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/226961>

- **NOTIFICATION #7: Promote “Weight Loss Challenge Week 6” Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 6 Success Tips
 - **Message:** Restaurant Food for the Win! Tap to see which meals are best. And you don’t have to sacrifice great taste! 🏃🧘🏃
 - **Deeplink:** 8-week Weight Loss Challenge: Make Smart Restaurant Choices module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/227002>

- **NOTIFICATION #8: Promote “Weight Loss Challenge Week 7” Content**
 - **Title:** 🎯 Weight Loss Challenge: Week 7 Success Tips
 - **Message:** 🍷 Fuel Better, Feel Better! Tap to see which foods are best for workouts.
 - **Deeplink:** 8-week Weight Loss Challenge: Fuel your Workouts module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/227025>

- **NOTIFICATION #9: Promote “Weight Loss Challenge Week 8” Content**
 - **Title:** 🎯 Weight Loss Challenge: Congrats!
 - **Message:** 🏆 Way to go! We’re so proud of you for reaching Week 8 of our agency’s Weight Loss Challenge! Here are a few additional tips to sustain your success. 🏆 Feel welcome to continue referring back to the tips in this toolkit all throughout the year.
 - **Deeplink:** 8-week Weight Loss Challenge: Celebrate Success module in the Nutrition toolkit - <https://wellness.cordico.com/discover/guide/186419/section/227048>

Wellness Quiz

- **OPTION 1:**
 - **Title:** How well do you know your agency’s wellness resources?
 - **Message:** Take the Wellness Quiz under My Org → Resources for a chance to win a prize.

- **OPTION 2:**
 - **Title:** Quick wellness check-in with a chance to win a prize.
 - **Message:** The Wellness Quiz is available now in My Org under Resources.

- **OPTION 3:**
 - **Title:** Think you know everything your agency offers for wellness?
 - **Message:** Find out in the Wellness Quiz under My Org → Resources, and enter to win.