

# Your 24/7 Wellness Resource

Download the Cordico Wellness App today!



- Confidential
- Accessible 24/7
- Anonymous
- Available for you & your significant others
- Self-Assessments  
PTSD, sleep, stress & more
- Wellness Content  
videos & articles on 50+ topics
- Therapist Finder



You do so much to serve and take care of others, now take care of yourself.



Scan the QR code to install the wellness app.

Department ID: MOCIT

Department Code: Wellness1