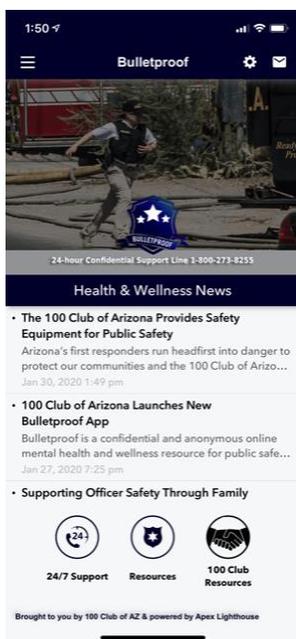


Bulletproof Wellness Mobile App Instructions for Users

Welcome to the Bulletproof Wellness Mobile App, a private, confidential wellness resource designed to meet the unique needs of law enforcement personnel and their families. Bulletproof contains information, resources and tools to help you meet your personal health and wellness needs. For the next few minutes, we will guide you through the layout, design and content within the mobile application.



First, you will need to download the Bulletproof Wellness App, by searching your app store for: Bulletproof 100 Club

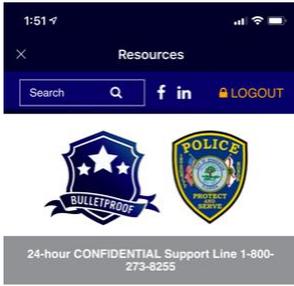
Once you have the app downloaded, it will open to the home page where you will see Health & Wellness News and three buttons at the bottom.

You will find health & wellness information and tools by selecting the Resources button. Your agency will provide you with a unique agency code so that you can access these Resources. If you do not know your code, you will need to get this from your Bulletproof contact person within your agency.

Once you have your code, select the Resources button.



This will bring you to the login screen where you will enter your agency code and click on the arrows to the right which will then take you to the resources.



Next you will see the main menu which is designed to provide you with a comprehensive set of wellness resources to support you, your co-workers and your family.



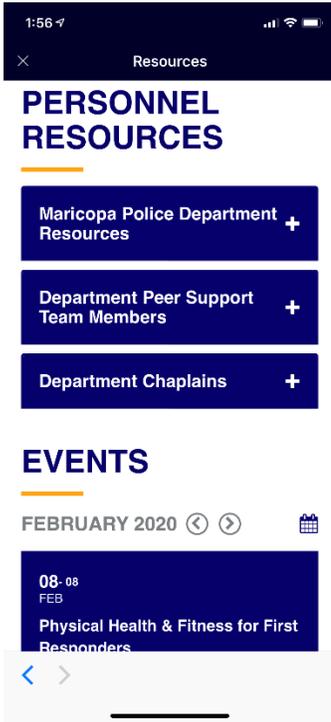
You will see on the main menu that there are 12 main categories that each contain additional information & resources on specific topics.



The 12 main categories are:

1. My Agency's Resources
2. Personal Wellness
3. Mental Health
4. Physical Fitness & Health
5. Financial Wellness
6. Substance Use & Addiction
7. Self-Assessments
8. Peer Support
9. Find a Therapist
10. Chaplains
11. Family & Relationship Support
12. Helpful Resources and Referrals

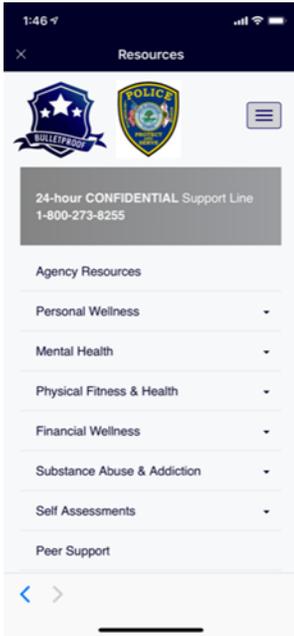
Simply click on the category you are interested in. This will take to you a variety of topics of interest.



The first category is “My Agency’s Resources”. This section provides you with resources that are made available to you through your department. This will include information that is specific to your personnel. Additionally, if your agency has peer support members, chaplains or any upcoming health & wellness events, these will be included here as well.



To return to the main menu, you can use the bottom arrows.



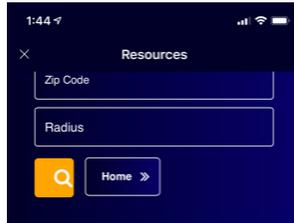
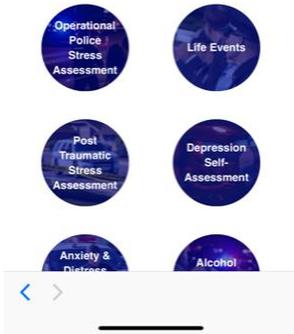
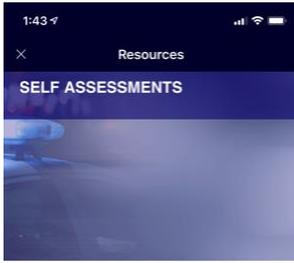
You can also select the drop-down menu at the top right which will introduce a list of the main categories.

Once back on the main menu or through the drop-down menu, you can select any of the categories.



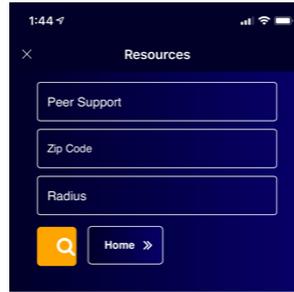
Within each category, such as this one for Personal Wellness, are various topics that include relevant information and resources.

Simply select one of the topics by clicking the appropriate button.



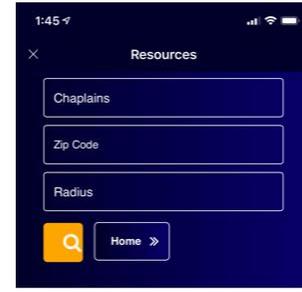
Therapists

Counseling is process guided by a professional counselor or therapist when someone is experiencing struggles. A critical component of counseling is that the communication is confidential and protected by state statute. Simply put, this means what you discuss with a counselor are private and cannot be disclosed. The process of talking about problems can be difficult but getting started is a big step toward feeling better. The first step is finding someone who will meet your current needs. This is a resource directory of counselors and therapists who have expertise in providing services to first responders. In addition to in-person services, some of the therapists listed in this directory also provide tele-therapy.



Peer Support

Peer Support members serve as a network of support comprised of trained employees, both sworn and non-sworn. Peer support provides you with a network to assist with resources as well as emotional, personal and job-related support during a time of crisis. Peer Support is not part of an Employee Assistance Program (EAP) and is not a substitute for professional help. You can find a peer support member in this directory as well as in your agency's resource section.



Chaplains

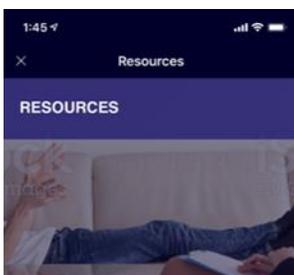
Chaplains make spiritual guidance and assistance available to an agency, its members and their immediate families as needed, with an emphasis on meeting the spiritual needs of the individual during a time of crisis or trouble. The Chaplain's may be available to members who do not have their own clergy, or who need spiritual assistance from an individual who is familiar with the unique needs of first responders and their environment. You can find a chaplain in this directory as well as in your agency's resource section.

You will find various tools within the app such as:

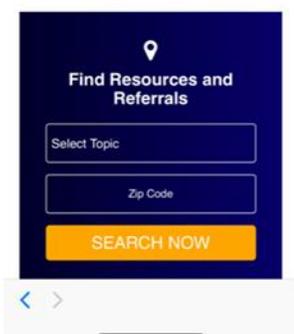
Self-Assessments, which are tools to help you identify how you are doing in any one area of wellness.

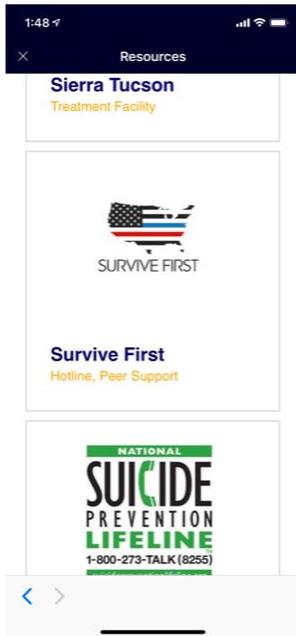
The Therapist Finder, or Directory, which allows you to select a from a group of therapists who have experience and expertise in working with and understanding the unique needs of first responders.

There are two additional directories to help you find a peer support member or chaplain.



The last category is the "Helpful Resources & Referrals" section. This is a comprehensive directory of resources. This directory can be searched by topic and location to help you find the best fit for you.





After searching the directory, you will see a list of resources. You can scroll through and find the most fitting to your needs. To learn more about each resource, simply click on the resource name. This will provide you more in-depth information about the resource, including contact and other pertinent information.



Thank you for taking the time to learn about the Bulletproof Wellness App for law enforcement officers, personnel and families. It is our hope that you find this to be a valuable resource that supports your health and wellness needs.

From The 100 Club of Arizona, we **THANK YOU** for your service and sacrifice.