

First Sign® Precision Wellness

Integrated Components, Coordinated Support for Officers



First Sign® Precision Wellness Wellness provides officer-specific insights and intervention recommendations within a unified, data-driven platform. This proactive approach to wellness supports officer health and well-being, fostering more successful and fulfilling careers.

Identify Those in Need. First Sign identifies officers who may benefit from wellness support, before they would think to ask. Unlike self-reporting wellness apps, it offers contextual insight into the effects of stress, fatigue, and sleep deprivation, integrating data from multiple sources to track the impact of exposure and exhaustion over time. Backed by the *National Police Early Intervention and Outcomes Research Consortium* and more than 80 million data points, it's tailored to local data, agency conditions, and state policies.

Connect to Resources. First Sign connects officers to the right support on their own terms, privately and self-directed, or with light guidance from someone they trust. Rather than a generic content library, it offers curated, research-backed tools and interventions built specifically for law enforcement, including the Benchmark Wellness Academy™. Benchmark's 24/7 trauma-informed clinicians are available to talk through options, point officers to the right resource, or simply listen.

Track Wellness Support. Resource use is tracked at the group level, never tied to an individual officer, so wellness teams can see which interventions are working and where to focus next while every officer stays anonymous. The result is a system that gets smarter for the agency while staying safe for the officer, with no one forced to choose between getting help and protecting their privacy.

To set up a meeting and system demo:
Call 888-40BENCH today, and visit
us at www.benchmarkanalytics.com

