

The Outcomes Standard™ for Officer Wellness

Wellness apps wait for officers to reach out. **First Sign® Precision Wellness** reaches them first, identifying officers who may benefit from support and connecting them to research-based resources, all without compromising any officer's privacy.

What it Is	Proactive, data-driven wellness platform for law enforcement
Built For	Any municipal, county, or state agency
How it Works	Tracks the cumulative effects of stress, fatigue, and exposure to identify officers who may need support
Research Foundation	National Police Early Intervention and Outcomes Research Consortium; 80M+ data points
Works With	Pulls from and integrates with your agency's internal data
Support Resources	Benchmark Wellness Academy™ and 24/7 trauma-informed clinicians

See the signs before officers have to ask

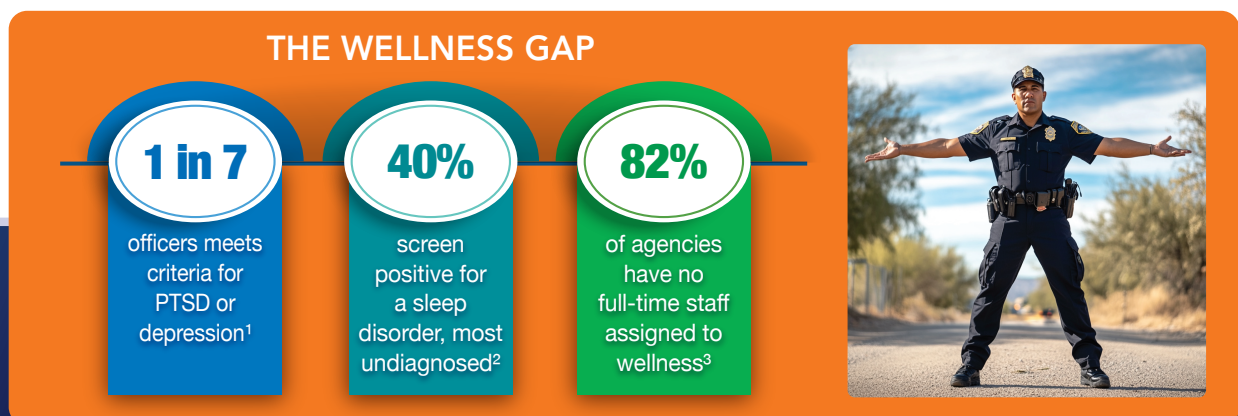
- Contextual insight into stress, fatigue, and sleep deprivation
- Tracks exposure and exhaustion over time, not self-reports
- Tailored to local data, agency conditions, and state policies

Support on their own terms

- Private, self-directed access, or light guidance from someone they trust
- Curated, research-based tools built for law enforcement
- 24/7 trauma-informed clinicians to talk through options or simply listen

Insight for the agency, privacy for the officer

- Resource use tracked at the group level, never tied to an individual officer
- Shows wellness teams which interventions are working and where to focus next
- Extends support for agencies without dedicated wellness staff



¹Syed et al., Occupational and Environmental Medicine, 2020. ²Rajaratnam et al., JAMA, 2011. ³Bureau of Justice Statistics, LEMAS, 2022.

Beyond the Wellness App

Wellness apps put resources in officers' pockets, but they only work when an officer recognizes the problem, sets aside the stigma, and chooses to open one. Few keep coming back: an independent study of 93 mental health apps found a median 30-day retention rate of just 3.3%.

(Source: Baumel et al., Journal of Medical Internet Research, 2019.)

	Wellness Apps	First Sign Precision Wellness
Who Reaches Out	The officer, once they recognize a need and choose to ask	Precision Wellness, before the officer would think to ask
What it Sees	What the officer chooses to report	Stress, fatigue, and exposure patterns drawn from multiple agency data sources
Engagement	Typically fades within weeks	Driven by data, so support never depends on an officer opening an app
Content	General wellness library	Curated, research-based interventions built for law enforcement, including the Benchmark Wellness Academy™
Human Support	Contacts the officer must call	24/7 trauma-informed clinicians who talk through options or simply listen
Research Foundation	Little independent evidence	National Police Early Intervention and Outcomes Research Consortium and 80M+ data points
What the Agency Learns	Downloads and usage counts	Which interventions are working and where to focus next
Officer Privacy	Anonymous use	Anonymous use, never tied to an individual officer

Already Offer a Wellness App? Keep It.

First Sign Precision Wellness complements the resources your agency already provides. It identifies which officers may need support and when, so the tools you have invested in reach the people they were built for.

Part of the First Sign Suite

First Sign Precision Wellness works alongside **First Sign Early Intervention**, where agencies have seen 50% fewer reported PTSD symptoms, and **First Sign Excellence Accelerator** to support officers across the entire arc of their careers.

See First Sign in action. Schedule a demo at 888-40BENCH or www.benchmarkanalytics.com

