



CALIFORNIA CORRECTIONAL  
HEALTH CARE SERVICES

## MEMORANDUM

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**Date:** January 14, 2021

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**To:** California Department of Corrections and Rehabilitation All Staff  
California Correctional Health Care Services All Staff  
Division of Juvenile Justice All Staff

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**From:**

A handwritten signature in blue ink that reads "K. Allison".

KATHLEEN ALLISON  
Secretary  
California Department of Corrections and Rehabilitation

A handwritten signature in black ink that reads "J. Clark Kelso".

J. CLARK KELSO  
Receiver  
California Correctional Health Care Services

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**Subject:** **IMPLEMENTATION OF THE CONFIDENTIAL CALIFORNIA DEPARTMENT OF CORRECTIONS AND REHABILITATION WELLNESS MOBILE APPLICATION FOR DEPARTMENTAL EMPLOYEES, RETIREES, AND THEIR IMMEDIATE FAMILIES**

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To continue promoting wellness, the California Department of Corrections and Rehabilitation (CDCR), in partnership with Cordico, has developed a customized, voluntary, and confidential wellness app for all employees, retirees, and their immediate family members, of CDCR, California Correctional Health Care Services (CCHCS), and the Division of Juvenile Justice (DJJ). The CDCR wellness app provides instant access to correctional wellness tools and resources as well as confidential, anonymous support and can be directly accessed on a personal or state-issued cell phone or tablet.

The app contains a comprehensive correctional wellness tool kit composed of information on Emotional Health, Family Support, Grief and Loss, Parenting Tips, Dr. Gilmartin video clips, Stress Management, Trauma, and more. Additional modules contain fitness and nutrition information, instructional yoga videos, and information on numerous health and mindfulness topics. Within the wellness app individuals who may be in crisis can access emergency services quickly, confidentially, and securely. Additionally, the wellness app allows users to quickly and

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confidentially access Peer Support Program administrators and leaders statewide, the Employee Assistance Program, the Law Enforcement Chaplaincy Program, and much more.

Cordico has worked with more than 100 law enforcement and firefighting agencies across the country and specializes in wellness technology for law enforcement, firefighters, and other first responders.

To download the free, confidential app, search CDCR wellness in the Apple App Store or Google Play Store. From a state-issued cell phone, the app can be downloaded by visiting the CDCR app portal or the CCHCS mobile phone catalog.

If you have any questions regarding the CDCR wellness app, please email [WellnessNews@cdcr.ca.gov](mailto:WellnessNews@cdcr.ca.gov).

