



Lighthouse Health & Wellness Program Overview

What is Lighthouse Health & Wellness?

Lighthouse Health & Wellness is an in-hand, on-demand, 100% confidential health and wellness platform available at no cost to our nation's public safety agencies.

Lighthouse was designed to provide your employees and their families anonymous access to your agency's existing health and wellness programs, in addition to a growing library of the latest educational health and wellness information and tools that have been tailored to the unique needs of those working in public safety.

Beyond our technology platform, we also offer custom programming and support plans to assist agencies in meeting the wellness needs of their personnel. The strategy and development of our programming and support plans are tailored specifically each to each agency's needs and can include coordinating speaking engagements, developing enrichment materials, peer support team training, scholarship funding for wellness conferences or retreats, and more. We're excited and ready to help agencies connect their staff with the best health and wellness resources available.

Meeting a Critical Need

With the overwhelming rise in job-related stress, growing media scrutiny, increased focus on public safety suicides, and the reality and fear of senseless line-of-duty deaths, it is more important than ever that all first responders have access to health and wellness resources. Lighthouse is accessible via the web as well as via iOS and Android applications. This puts the tools public safety officers need literally at their fingertips.

About Us

Lighthouse Health & Wellness is a public benefit corporation. By mandate, our shareholders are our nation's public safety agencies and as such, revenue generated will be directed back into health and wellness initiatives for first responders, and to provide operational and financial support to the many notable associations and nonprofits on the national, state and local levels that serve as the boots on the ground in these vital efforts.



Our Mission

The mission of Lighthouse Health & Wellness is to ensure that every public safety agency in the nation is able to provide its employees and families with sustainable, confidential and anonymous access to first responder-focused health and wellness resources. As such, the Lighthouse Health & Wellness portal is and always will be provided at no cost to our nation's first responders and those that support them.

Commitment to Quality

A critical component to our platform's success is maintaining a constant stream of fresh content that is relevant and up-to-date. It is vital that our educational content and resource library address the unique needs of first responders and the challenges they face—today and in the future. The Lighthouse H&W content team has over a decade of broad experience developing health and wellness content, including for high-profile properties like WebMD and SoberRecovery. Our team maintains an ongoing content development plan that includes high-quality educational resources and a growing network of content contributors who are authorities in the field of public safety. Agencies can have confidence that the Lighthouse H&W materials and information they're sharing with their personnel meet the highest quality standards of research and relevance.

Convenient Access

The Lighthouse Health & Wellness platform is available anytime, anywhere from any device. It can be accessed via our website, <https://www.lighthousehw.org>, or via the "Lighthouse Health & Wellness" mobile app available on both iOS and Android.

iOS: <https://apps.apple.com/us/app/lighthouse-health-wellness/id1500094330>

Android: <https://play.google.com/store/apps/details?id=net.apexmobile.am0429>

As a public benefit corporation, we believe in an inclusive approach when it comes to providing employees access to vital, even lifesaving health and wellness information, which is why Lighthouse Core is and always will be free of charge. Continuing to provide the highest quality resources is essential, so revenue generated from our update, programming and support plans is invested back into Lighthouse at the local, state and national levels. This creates a sustainable system that promotes both accessibility and excellence.

We offer a number of options for our nation's public safety agencies.

Lighthouse Core

- Access to Lighthouse Library of Content
- Display Agency Events, Resources, and other Custom Info



- Customizable Portal & Mobile Applications
- **No Cost**

Instantly provide access to health and wellness resources (including a section where you can add your own agency's resources) via the Lighthouse web portal and mobile app. Information is automatically synced across all platforms and devices. Most importantly, front and center is 24/7/365 access to first responder focused crisis hotlines and resources to ensure that help—or just a friendly, anonymous voice—is just a phone call away. This version of the app can be deployed immediately. Feel free to view our briefing video for a quick tour of this part of our platform - <https://www.lighthousehw.org/briefing-video>.

In addition to access to the Lighthouse website and mobile applications, agencies have the option to develop a custom mobile application with exclusive access to their agency's employees and those that support them. With a custom mobile app, you can skip the login and provide faster access to your agency's resources. Additionally, you will now have access to powerful push notifications and user groups allowing you to instantly broadcast critical agency messages to key agency stakeholders. Built on the Apex IRIS platform, your options for expansion are limitless. Our expanding list of Lighthouse agencies currently represent over 40,000 public safety employees and those that support them and include the Los Angeles County Sheriff's Department, Portland Police Department, Chattanooga Police Department and the Maui Fire Department.

Lighthouse Priority Updates

- **\$500/year**

Priority updates ensure that your agency is at the front of the queue when it comes to new devices, operating system updates and new feature releases.

Lighthouse Priority Updates & Enhanced Support

- Lighthouse Core
- Priority Updates
- Priority Support
- Customized application utilization plan
- Quarterly check-in calls
- Program development at the local, state and national levels.
- **\$2,500/yr + \$2/year per employee over 75 employees**

Enhanced support adds additional support channels and higher priority for support requests. Additionally, we work with your agency to ensure you have a 12 month plan in place to launch, promote and drive engagement to your application. We back this up with quarterly check ins post launch. A portion of these plans also goes to support programming and content development at the local, state and national levels.



Lighthouse Programming & Support Plan (PSP)

- Lighthouse Core
- Priority Updates
- Priority Support
- Customized application utilization plan
- Quarterly check-in calls
- Program development at the local, state and national levels.
- Dedicated Program Manager
- Custom 12-month programming plan
- **Custom plan pricing starting at \$3,500/year plus \$3/year per employee over 75 employees**

For agencies who are ready for more, our PSP plans can provide enhanced support and additional programming opportunities. Strategy is tailored specifically each to each agency's needs and resources available. Each agency is assigned a dedicated program manager who works to tailor resources and opportunities to the specific priorities and needs of the agency, maximizing the effectiveness of the initiatives invested in. Below are examples of resources that we can work with our PSP agencies to include in their plan. Whenever possible, we do ask that neighboring agencies are invited to participate in training and events, to maximize the benefits for all our public safety agencies.

- ICISF Annual Fee
- Other Annual Membership Fees That Support First Responder Wellness
- In-house Wellness Training/Webinar Presentations
- Mindfulness/Resiliency Speakers or Activities
- Wellness Conference scholarships for individuals
- Peer Support Team Training
- Awareness/Promotional Materials
- Wellness Videos/Graphics
- Financial Assistance With Wellness Check Ins from a Licensed Psychologist
- Scholarships For Personnel To Attend Trauma Retreats
- Video Production Assistance
- Other Wellness Activities

Lighthouse Health & Wellness Resource Library Index*

Alcohol
Alcohol Abuse Assessment
Alcohol Abuse Questionnaire
Anxiety
Anxiety & Distress Self-assessment
Budgeting



Compassion Fatigue
Coping & Self Care
Debt
Depression
Depression Self-assessment
Drugs
Emergency Fund
Emotional Survival
Families & Children
Family & Relationship Support
Family Financial Plan
Financial Wellness
Financial Wellness & Assistance
Fitness / Exercise
Gambling
Grief & Loss
How to Help Someone
Injury Reduction
Legal Issues
Mental Health
Mindfulness
Navigating Healthcare
Nutrition
Parenting
Personal Wellness
Physical Fitness & Health
Post-Traumatic Stress
Relationships
Resilience
Retirement
Self-Assessments
Sleep
Spouses
Stress
Substance Abuse & Addiction
Suicide
Therapy & Counseling
Trauma
Work Life Balance Self-assessment
Work-Life Balance
Work-Life Balance
Yoga for First Responders

*(*As of 1/1/21 – Content is constantly being added)*



Full Platform Feature List

Anonymous Access
Resource Library
Peer Support Toolkit & Resources
Peer Support Team Messaging & Notifications
Survey Builder
Form Builder
User Groups
Video Library
Unlimited Customization
Unlimited Phone, Email & Secure Chat Support
Dedicated Customer Success Manager
Unlimited Training
Agency Wide Push Notifications
News Feed
Monthly Peer Support Email Newsletter
Monthly Employee Health & Wellness Newsletter
Customizable Health & Wellness Awareness and App Promotion Media Library
Event Schedules
Exhibitor Listings
PDF Libraries
FAQ & List Builder
Sponsor Directory
Chaplain Directory
Unlimited Medical Provider Directories
Unlimited Application Customization
3rd Party Integrations – EAP, Telemedicine, etc.

What Others are Saying

“A mobile app is a critical element to our peer support and employee wellness program, and Lighthouse made it happen at an affordable cost. We could not be more pleased with the Lighthouse Health and Wellness App for our Peer Support Team. They provided nothing but exceptional customer service throughout the development process. With this app, now all of our first responders can anonymously access the tools and resources needed 24/7. The wealth of information and potential with this product is endless. The mental and emotional wellness of our employees is our top priority and we wanted to make sure that the best resources are always accessible to them.”

Sgt. Colby Hill
Frisco PD (TX)
Peer Support & Patrol Division
chill3@friscotexas.gov



"One of the biggest challenges I had during the Boston Marathon Bombing attack was providing adequate mental health support to our team, Lighthouse can address that need for any future crisis."

Superintendent-in-Chief Dan Linskey (Ret)
27 Year Law Enforcement Veteran
Boston Police Department
daniel.linskey@kroll.com

"This is a pivotal resource that will save countless lives! Lighthouse and Bulletproof/Fireproof offer well thought out resources specific to First Responders, and users will find owning these apps to be extremely helpful to them and their colleagues. These are a must have for any First Responder and departments that care about First Responder Health & Wellness!"

Dr. Dara Rampersad
First Responder Clinical Psychologist
www.bluepaz.com
602-345-1425

"Lighthouse provides law enforcement officers and their families a new level of support during a time of crisis. It contains a great deal of information as well as a confidential pathway to reach out with concerns that will lead to essential support services that could be lifesaving "

Bobby Kipper
30 Year Law Enforcement Veteran
Executive Director
National Center for Prevention of Community Violence
www.ncpcv.org
757-870-7551

"Knowledge is power...Lighthouse empowers first responders to be their own best and most efficient advocate regardless of where one is in his or her career or health and wellness journey. The Lighthouse App uniquely provides information that can be applied immediately! The information is relevant to the challenges that our first responders face every day both on the job and at home. Bulletproof prepares this community with new tools and strengthens existing tools to better support their fitness for duty."

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