Mobile Resilience:

Digital Hub for Law Enforcement Health & Wellness/Peer Support

mRes | Mobile Resilience (mRes)
Digital Hub for Law Enforcement Health & Wellness / Peer Support
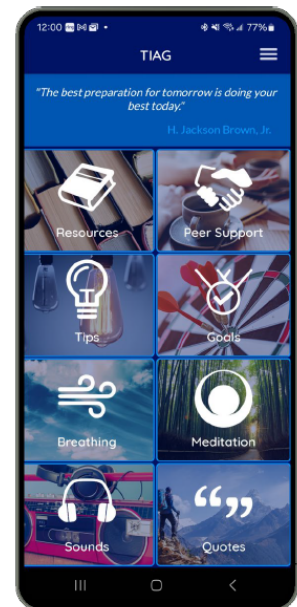
"Prehab" Wellness and Resilience
- Preloaded with law enforcement specific health and wellness content and national hotlines. Agency-specific content, resources, and peer support info is easily configured.
- Evidence-based customizable self-regulation tools introduce user to controlled diaphragmatic breathing, guided meditations, and soothing sounds.
- Set and track progress for implementing health habits to address wellness needs.
- Access to anonymous self-assessments

Native Mobile App Advantages
- Seamlessly integrates with device apps and features to leverage the user's preferred voice, text, web browsing, mapping tool. All communication occurs outside the app for privacy.
- Core functions and content are fully available in areas with no/poor internet service
- Biofeedback tool uses integrated camera flash to capture heart rate. Eliminates need to connect wearables which introduce identity.
- More secure for government devices – eliminates the caching associated with "web apps"

Technical Features
- SaaS app available on the GooglePlay app store for Android devices
- Hosted in AWS GovCloud with all infrastructure and services at the FedRAMP "high" level
- Compatible with MDM systems for use on government devices, also supports BYOD
- Domain or user "white listing" for initial activation – no user account and complete anonymity. Agency receives deidentified usage metrics.

mresilience.net   TIAG   mResilience POWERED BY TIAG

mRes | Mobile Resilience (mRes)
Digital Hub for Law Enforcement Health & Wellness / Peer Support

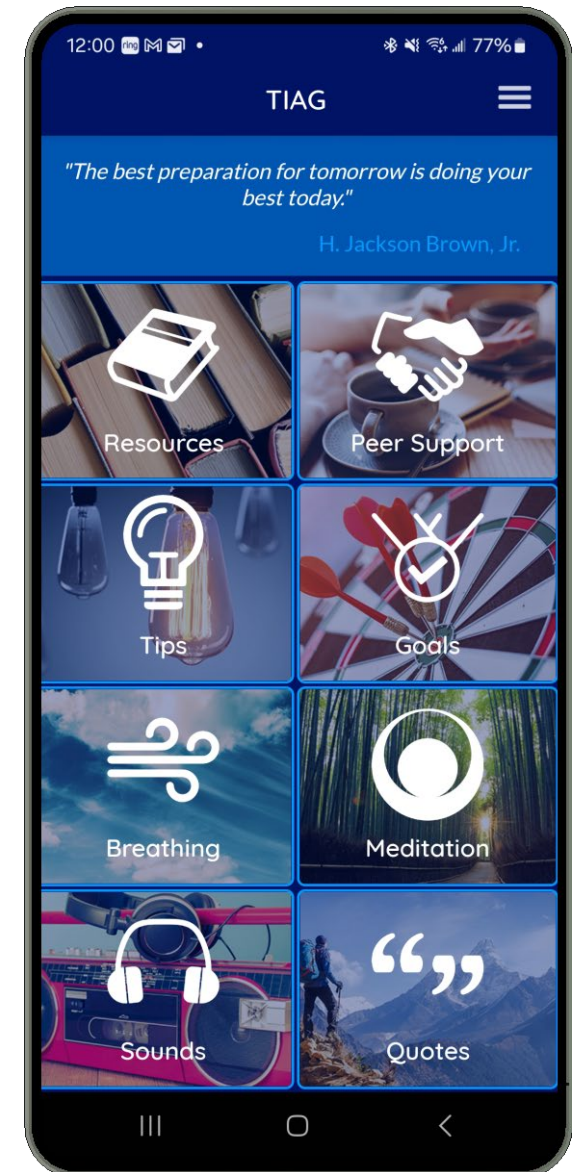**"Prehab" Wellness and Resilience**

- Preloaded with law enforcement specific health and wellness content and national hotlines. Agency-specific content, resources, and peer support info is easily configured.
- Evidence-based customizable self-regulation tools introduce user to controlled diaphragmatic breathing, guided meditations, and soothing sounds.
- Set and track progress for implementing health habits to address wellness needs.
- Access to anonymous self-assessments

Native Mobile App Advantages

- Seamlessly integrates with device apps and features to leverage the user's preferred voice, text, web browsing, mapping tool. All communication occurs outside the app for privacy.
- Core functions and content are fully available in areas with no/poor internet service
- Biofeedback tool uses integrated camera flash to capture heart rate. Eliminates need to connect wearables which introduce identity.
- More secure for government devices – eliminates the caching associated with "web apps"

Technical Features

- SaaS app available on the GooglePlay app store for Android devices
- Hosted in AWS GovCloud with all infrastructure and services at the FedRAMP "high" level
- Compatible with MDM systems for use on government devices, also supports BYOD
- Domain or user "white listing" for initial activation – no user account and complete anonymity. Agency receives deidentified usage metrics.

mresilience.net

TIAG

FOP Approved Wellness Provider

mResilience™
POWERED BY TIAG

TIAG

"The best preparation for tomorrow is doing your best today."

H. Jackson Brown, Jr.

Resources | Peer Support
Tips | Goals
Breathing | Meditation
Sounds | Quotes

aws

Thank you for downloading this AWS and TIAG Resource! Carahsoft is the distributor for AWS public sector solutions available via GSA, NASPO, The Quilt and other contract vehicles.

To learn how to take the next step toward acquiring AWS's solutions, please check out the following resources and information:

For additional resources:
carah.io/AWS-Resources

For upcoming events:
carah.io/AWS-Events

For additional AWS solutions:
carah.io/AWS-Solutions

For additional public sector solutions:
carah.io/AWS.Solutions

To set up a meeting:
AWS@carahsoft.com
888-662-2724

To purchase, check out the contract vehicles available for procurement:
carah.io/AWS-Contracts