



Postmaster

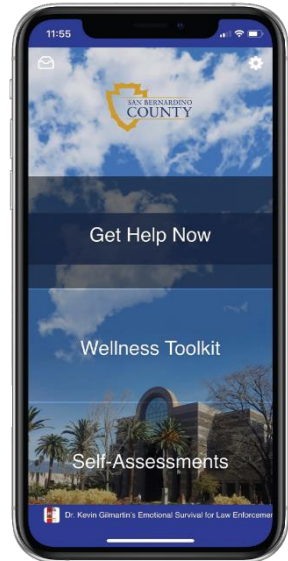
www.sbcounty.gov

San Bernardino County Wellness Mobile Application

Human Resources is excited to announce the launch of the San Bernardino County Wellness (SBC Wellness) mobile application. Please view the [welcome video](#) from our Chief Executive Officer, Leonard X. Hernandez.

The County recognizes the challenges we have all faced these last two years and has worked with Cordico, a world leader in wellness technology, to provide wellness resources to all County employees, retirees, and their families. This mobile app has been developed to provide you with 24/7 access to critical resources and wellness tools such as:

- Wellness Toolkit
- Self-Assessments
- Fitness Exercises
- Nutrition Advice
- Guided Meditations
- Links to County Benefit Resources, and more!



Strengthen your well-being and take advantage of this easily accessible and completely confidential wellness app! Please rest assured, no personal information is ever collected or shared.

Download Now!

The SBC Wellness app is available to download now at the [Apple](#) and [Google Play](#) stores. This mobile app is available for all County employees!



Username: COSB
Password: Wellness1

[Past Postmaster Messages](#)

[Countywide Vision](#)



Our job is to create a county in which those who reside and invest can prosper and achieve well-being