

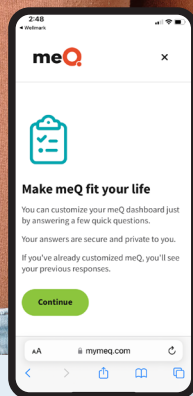
meQuilibrium

Connect your employees to increased productivity and lower turnover rates with meQuilibrium (meQ), a well-being solution offered to you through HealthyConnections by Wellmark. As your well-being experts, we're here to help you implement solutions that lead to better health for your employees — and your bottom line.

Promote mental well-being at work

Never before has it been this important to keep employees' mental well-being top-of-mind. Start by prioritizing resiliency as an essential part of your team's overall health.

Strong body + strong mind = healthy workers



HELP IMPROVE YOUR PRODUCTIVITY

Resilient employees are ...

31%

more engaged

4x

more likely to have high job satisfaction

60%

less likely to suffer burnout

1/2

as likely to quit

Source: meQuilibrium

What is resiliency?

Resiliency is the ability to recover from, or adjust easily to, adversity or change. meQ provides the tools needed to help make a difference.

meQ as a solution

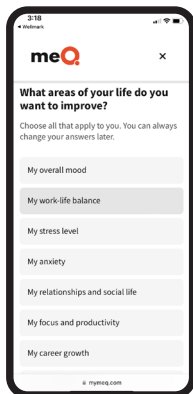
meQ is an award-winning digital solution that's easy for your employees to use, because it's located on myWellmark as a seamless addition to the Wellmark Wellness Center, powered by WebMD.

Predict and prevent workforce breakdown

Using the collected data from individual assessments, meQ can offer insights on employee well-being trends across factors such as stress, burnout and depression. This can help to predict issues and proactively address potential breakdowns before they happen.

Guide employees to care

meQ's built-in intelligent navigation identifies employees in mental, emotional or physical health risk areas, and can direct them to the right level of support and assistance.



meQuilibrium

How it works...

The meQ user experience

1. Sources of stress are identified.

Employees start by completing their confidential assessment to identify their meQ personality and its associated stress points. The confidential results are used to create a custom resilience training program based on their needs.

2. Personalized learning paths are given.

Through self-paced cognitive training exercises, new habits and coping skills are learned over time. Customized learning paths can include things like interactive learning modules, videos and practice activities.

3. Success is seen through tracked progress.

Employees can develop intrinsic, adaptive responses to life's challenges through their resilience training exercises. The meQ program tracks and acknowledges progress, while also rewarding engagement to help increase usage and ultimately improve resilience over time.

Benefit from resiliency

Resilient employees are ...

5x

more likely to experience good health

50%

less likely to have had a hospital stay within the past year

47%

less likely to miss at least one day of work per month

80%

less likely to exhibit signs of depression

Enhance your well-being solutions

meQuilibrium is offered through **HealthyConnections by Wellmark** to help improve employees' health and well-being.

Discover the difference of resilient employees

✉ Do what you can to help take care of your people. Talk to your Wellmark representative or **email WellBeing@Wellmark.com** to learn more about meQuilibrium, schedule a demo of the tools and hear more about the science behind a resilient workforce.



Employees can easily access meQuilibrium on myWellmark, where they already manage their benefits. With one place and one password, your employees have one easy way to manage their health.



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New Life Solution, Inc. d/b/a meQuilibrium, is a proactive app to build a resilient workforce. meQuilibrium is an independent company that does not provide Wellmark Blue Cross and Blue Shield products or services.