

6 WAYS Building Workforce Resilience Reduces Healthcare Costs



meQ CUSTOMERS SAVE OVER \$400/YEAR ON HEALTHCARE COSTS FOR EVERY EMPLOYEE WHO USES meQ.

IT'S THAT SIMPLE.

Data analyzed by independent actuaries clearly show a consistent year-to-year impact on healthcare spend across a broad population.

How? It's because resilience changes people. It gives them better impulse control. Makes them better, more empathetic listeners. Improves self-confidence and problem-solving skills. Resilience helps people to become their best selves, at home and at work.

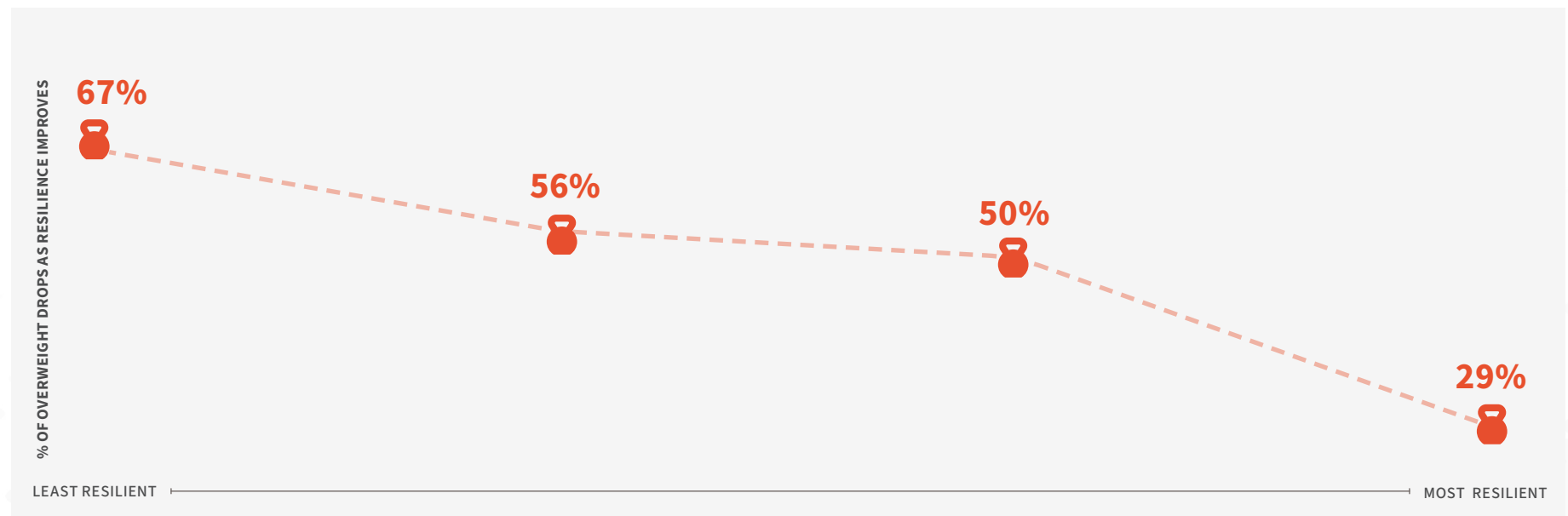
meQ uses evidence-based cognitive behavioral therapy techniques to teach members how to change the way they think, feel, and behave. When individuals replace unhealthy thinking patterns with healthy ones, we see positive changes across the board: sleep, anxiety, depression, eating, exercise, and more.

HERE ARE 6 WAYS BUILDING RESILIENCE CONTRIBUTES TO BETTER HEALTH, AND ULTIMATELY TO REDUCED HEALTHCARE SPEND.

RESILIENT PEOPLE ARE MORE LIKELY TO MAINTAIN A HEALTHY WEIGHT



RESILIENT PEOPLE OFTEN HAVE BETTER SELF-REGULATION AND STRESS MANAGEMENT SKILLS, WHICH CAN HELP THEM RESIST UNHEALTHY FOOD TEMPTATIONS AND EMOTIONAL EATING. Their ability to focus on long-term goals and adapt to challenges supports making and maintaining healthier food choices. Additionally, resilient individuals' problem-solving skills and positive outlook can help them overcome obstacles to healthy eating and view it as an opportunity for self-improvement.



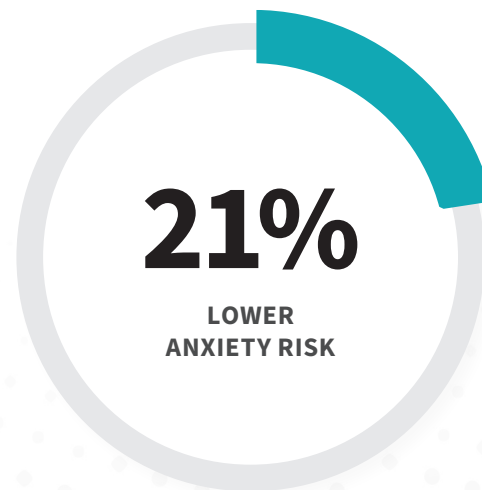
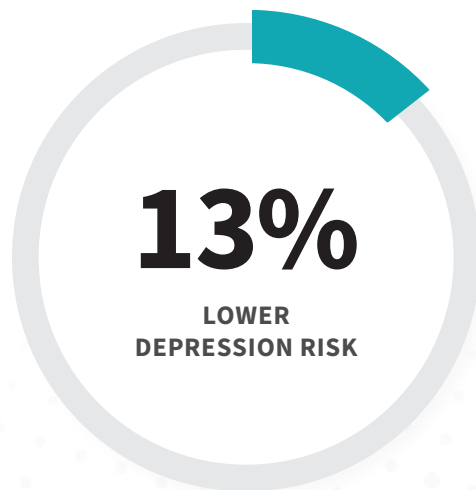
SOURCE: meQ VALIDATION STUDY

RESILIENCE REDUCES AND PREVENTS MENTAL HEALTH RISK



RESILIENT PEOPLE HAVE MORE POSITIVE THOUGHT PATTERNS AND BETTER EMOTIONAL REGULATION, WHICH CAN COUNTERACT THE NEGATIVE THINKING AND MOOD DISTURBANCES ASSOCIATED WITH ANXIETY AND DEPRESSIVE DISORDERS.

Resilience often involves strong social connections and support systems, which are protective factors against mental health issues and provide resources for managing difficult emotions or situations.



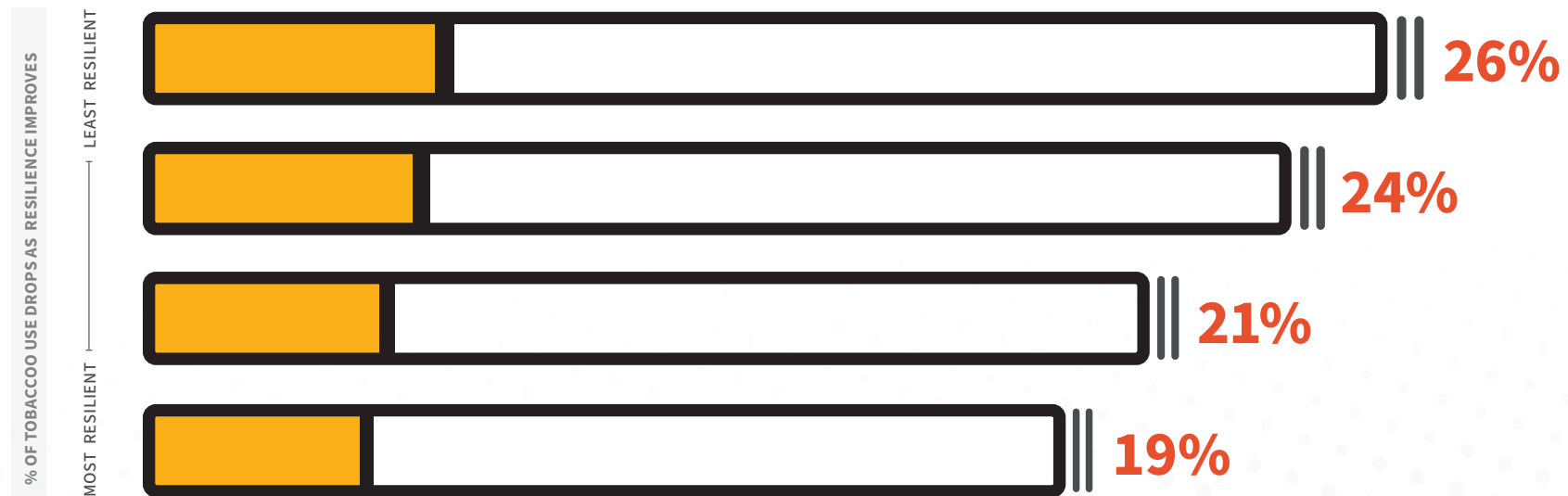
meQ MEMBERS WITH HIGH MENTAL HEALTH RISKS SHOW SIGNIFICANT IMPROVEMENTS IN AS SOON AS 90 DAYS.

SOURCE: meQ DATA WAREHOUSE

RESILIENT PEOPLE ARE LESS LIKELY TO USE TOBACCO



RESILIENCE REDUCES THE LIKELIHOOD OF TOBACCO USE INITIATION AND CONTINUATION. It enhances an individual's ability to resist smoking's immediate gratification in favor of long-term health. Resilient people exhibit greater confidence in quitting or avoiding tobacco use despite social pressures and addiction challenges.

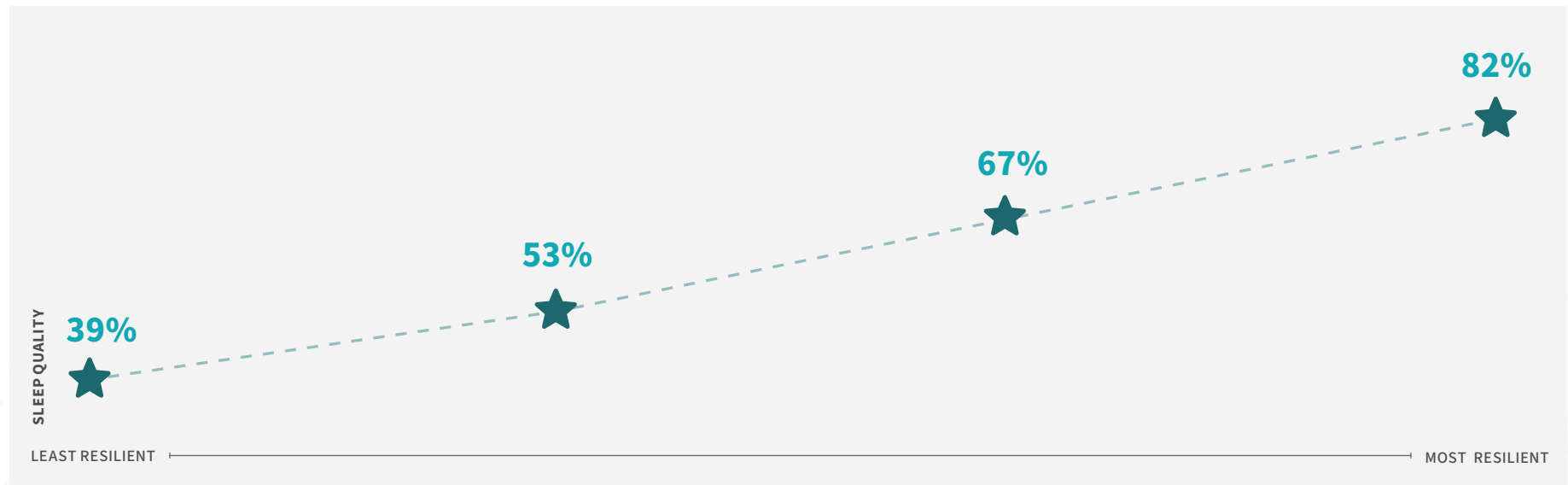


SOURCE: meQ VALIDATION STUDY

HEALTHY SLEEP HABITS ARE MORE COMMON AMONG THE HIGHLY RESILIENT



RESILIENCE POSITIVELY IMPACTS SLEEP QUALITY AND DURATION. RESILIENT INDIVIDUALS EXPERIENCE FEWER SLEEP DISTURBANCES AND MAINTAIN MORE CONSISTENT SLEEP PATTERNS. Their enhanced stress management and emotional regulation skills contribute to better overall sleep hygiene. meQ members who are highly resilient have more than 2x better sleep scores.



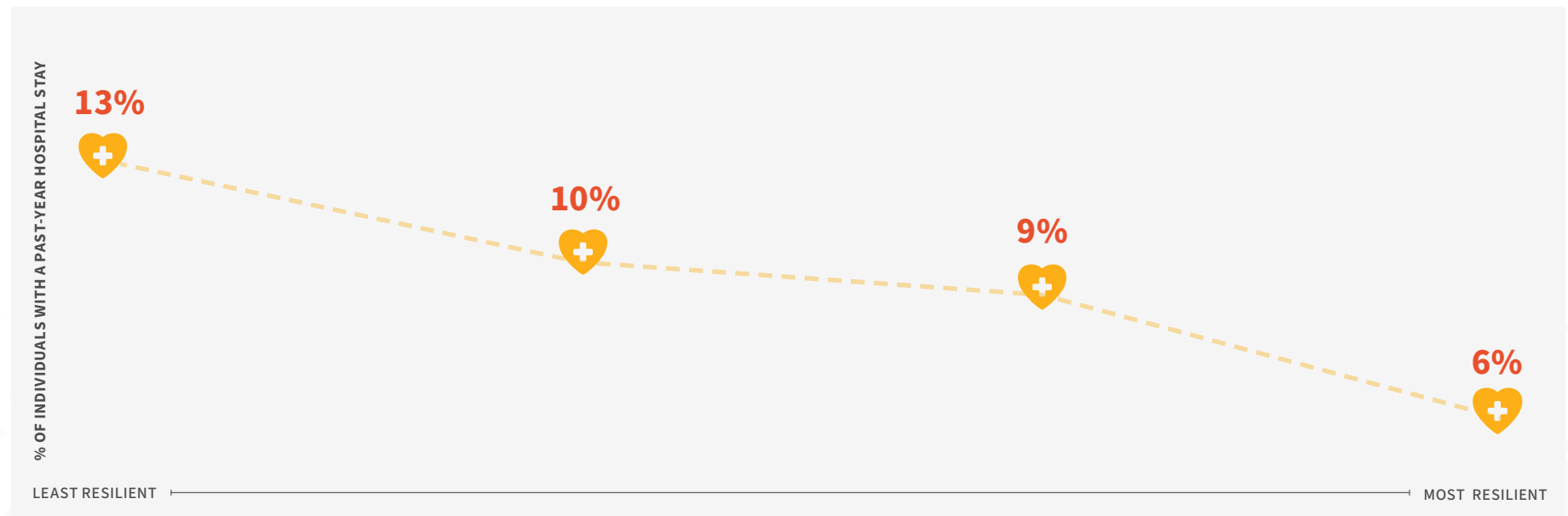
SOURCE: meQ VALIDATION STUDY

RESILIENT PEOPLE ARE LESS LIKELY TO HAVE HAD A HOSPITAL STAY IN THE PAST YEAR



RESILIENCE DECREASES THE LIKELIHOOD OF HOSPITALIZATION THROUGH IMPROVED SELF-MANAGEMENT OF HEALTH.

Resilient individuals are more proactive in taking care of chronic conditions and adhering to treatment plans. Their ability to cope with stress and maintain healthy habits reduces the risk of health complications that might require hospitalization.



SOURCE: meQ VALIDATION STUDY

RESILIENT PEOPLE ARE MORE LIKELY TO UTILIZE PREVENTIVE HEALTH SERVICES



RESILIENT INDIVIDUALS ARE MORE LIKELY TO UTILIZE PREVENTIVE HEALTH SERVICES DUE TO THEIR PROACTIVE APPROACH TO WELL-BEING. They typically possess a stronger sense of personal responsibility for their health, leading to regular engagement with screenings and check-ups. Resilient people often have a long-term perspective on health, recognizing the value of early detection and preventive measures in maintaining overall wellness. Compared to non-members, meQ members are almost 10% more likely to use an array of preventive services including annual physicals, colorectal cancer screening, mammography, and cervical cancer screening.



SOURCE: FLORIDA BLUE ANALYSIS OF
HEALTH CARE CLAIMS FOR meQ USERS
AND NON USERS



GET STARTED TODAY

Find out how meQ can improve the well-being of your people, and reduce healthcare costs for your company. Get started today!

Contact a meQ Resilience Specialist

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