



# Fight Burnout and Turnover with Workforce Resilience

**HOSPITALS AND HEALTH SYSTEMS ARE FACING A STAFFING CRISIS.** Burnout and compassion fatigue are driving a severe staffing shortage that the industry can't afford to ignore.

## THE PROBLEM: AN ONGOING EXODUS AND AN EMOTIONALLY EXHAUSTED WORKFORCE

The healthcare industry has lost an estimated **20% of its workforce**.

**47% of U.S. healthcare workers** plan to leave their current role within the next 2-3 years.

**86% of healthcare workers** report feeling anxiety, and 76% say they're exhausted and burned out.

The average **cost of turnover for a bedside RN is \$46,100**, costing an average hospital \$3.6 million to \$6.5 million per year.

## THE SOLUTION: WORKFORCE RESILIENCE

meQ works with top companies in healthcare, supporting the wellbeing of all your people.

On average, our healthcare customers see:

- Burnout risk reduced by **28%**
- Anxiety risk reduced by **19%**
- Depression risk reduced by **15%**

Take care of your people, and they'll take care of your patients. A more resilient workforce improves the quality and safety of healthcare.

## RESILIENCE REDUCES TURNOVER 10-16%

A large Western health system saw a **10% reduction in turnover** amongst meQ participants.

For participants 35 and under, **turnover was reduced by 16%**.

The company saved **\$485,000 per 1,000 enrolled employees**.

## TRUSTED BY LEADING HEALTHCARE EMPLOYERS



Penn Medicine



*"People would come up to me after using meQ and tell me their stories, how it has impacted the way that they handle stress in their lives, and the way they show up in their days. It was very inspiring to hear those stories."*

### CHRISTY EWING

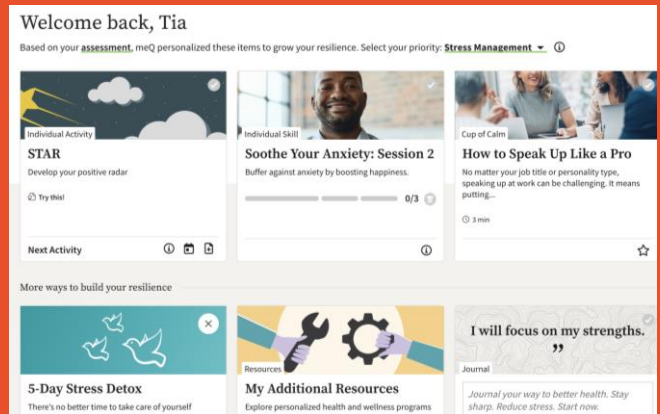
Enterprise Wellness Program Lead  
Centura Health

# meQ SUPPORTS YOUR ENTIRE POPULATION

meQ's resilience system gives you the insights you need across all slices of your workforce, so you're fully aligned with how your people are doing.

## HELP YOUR EMPLOYEES HELP THEMSELVES

meQ helps your people understand the thinking patterns and lifestyle habits that cause them to feel overwhelmed, anxious, or at risk of burnout. The program then delivers personalized step-by-step guidance to help them build their own resilience and abilities to manage challenging situations.



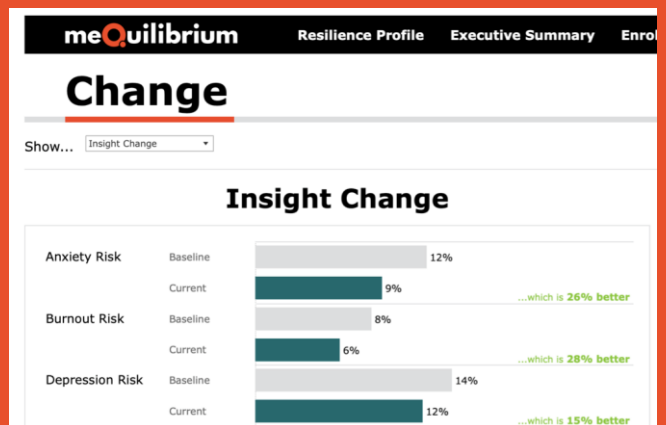
			Anxiety Risk	Burnout Risk	Depression Risk	Productivity Risk
<b>Age Group</b>	18-29	n = 648	25%	13%	26%	18%
	30-39	n = 1692	18%	10%	17%	12%
	40-49	n = 1600	15%	9%	15%	10%
	50-59	n = 1395	13%	6%	13%	7%
	60+	n = 501	7%	3%	9%	3%
<b>All</b>	All	n = 21783	20%	12%	20%	13%
<b>Country</b>	Australia	n = 130	25%	15%	25%	19%
	Belgium	n = 54	13%	6%	13%	6%
	Brazil	n = 41	15%	7%	10%	27%

## REACH ALL OF YOUR PEOPLE IN REAL TIME

meQ helps you identify areas of risk across your workforce, and respond with the right content at the right time. A proactive workforce strategy will prepare your people with a growth mindset and the customized resilience building they need to successfully navigate change.

## STAY AHEAD OF DISRUPTION, SEE THE RESULTS

With the skills from our science-backed framework, meQ trains your employees to increase their potential, become more engaged, and support their own wellbeing. This makes your organization more resilient, more productive, and more profitable over time.



## IT'S NEVER TOO LATE TO START

[LEARN MORE](#) *OR* [MEET WITH OUR TEAM TODAY](#)