

A Mental Health Solution for Your Whole Workforce

IS YOUR EXISTING WELLBEING SOLUTION FALLING SHORT? Most companies have mental health solutions in place, but struggle with usage and tangible outcomes. The fact is, your mental health ecosystem might be well-designed, but if it doesn't support an integrated employee experience, you'll continue to fall short of engaging your whole workforce.

AN EAP ISN'T ENOUGH

EAPs address the small portion of the population that is in need and knows it, and who proactively reach out for help. Typically, that's 6.5% or less of your total workforce.

Serve Your Whole Organization

The ideal and practical approach to workplace wellbeing is holistic. It supports individuals and teams with actionable visibility on trends within those populations, as well as across your entire organization.

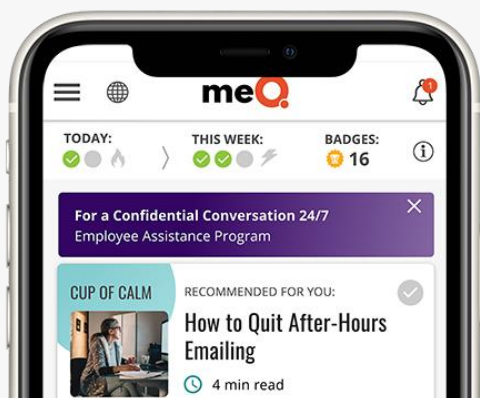
meQuilibrium can integrate with existing systems and works closely with a number of partners to offer additive value and increased ROI across your entire program.

START WITH PREVENTION

Employees with untreated depression cost \$2,800 in excess healthcare annually. Untreated anxiety impacts productivity to the tune of \$2,732 per year, per person. If you identify risk before people reach a crisis situation, you can avoid costly interventions.

"The cross referral that we can do with our EAP through meQuilibrium has been very critical to our success with it. We do that both ways. Our internal EAP counselors use meQuilibrium and share with patients as they feel is appropriate. We also use the Intelligent Navigation within meQuilibrium, which I think has really been a key."

Christy Ewing
Enterprise Wellness Program Lead
Centura Health



PROACTIVE INSIGHTS AND ANALYTICS

At least 45% of the employees who need help with a mental health condition will never reach out.

meQuilibrium's Intelligent Navigation analyzes behavior and usage patterns, and proactively routes members who display risk to the right source of assistance - including EAP options within an organization's wellbeing ecosystem.

HOW MEQUILIBRIUM SUPPORTS YOUR ENTIRE POPULATION

meQuilibrium'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

meQuilibrium 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.

Welcome back, Tia

Based on your **assessment**, meQ personalized these items to grow your resilience. Select your priority: **Stress Management**

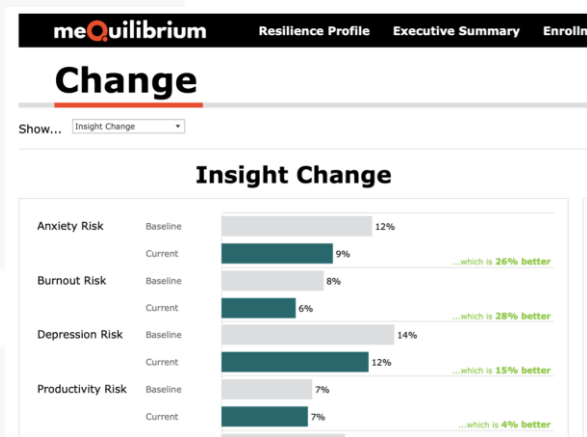
The screenshot displays a user interface for Tia. It features a 'Welcome back, Tia' message and a selection of personalized activities based on her assessment. The activities include 'STAR' (Develop your positive radar), 'Soothe Your Anxiety: Session 2' (Buffer against anxiety by boosting happiness), and 'How to Speak Up Like a Pro' (No matter your job title or personality type, speaking up at work can be challenging. It means putting...). There are also 'More ways to build your resilience' suggestions like '5-Day Stress Detox' and 'My Additional Resources'. A journal entry is visible at the bottom right.

REACH ALL OF YOUR PEOPLE IN REAL TIME

meQuilibrium 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, meQuilibrium 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](#)