

# Empower your employees with resilience

When people are resilient, they rise and become not just a workforce, but a force for growth. Not only does meQ develop individual resilience, but the solution also upskills managers and teams, building resilience across your entire organization. meQ delivers predictive data to identify risks, take effective actions, and measure results – globally and at scale. As leaders in the science of resilience, meQ isn't just pragmatic – it's proven.

## Prevention that protects your business

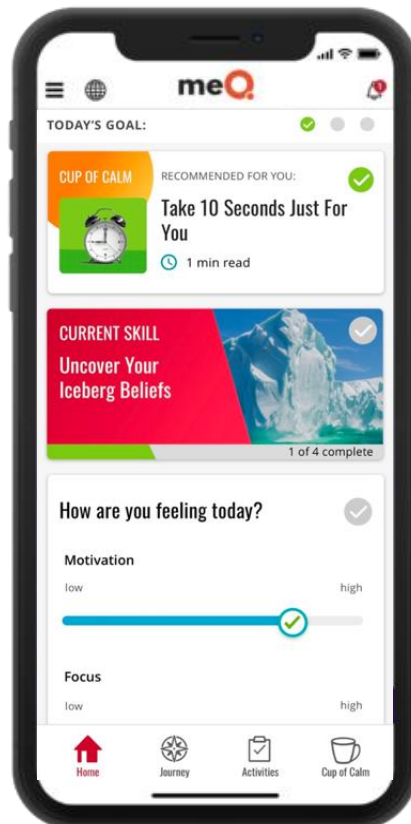
Predict risks to employee wellbeing like burnout, stress, anxiety and depression. Alleviate key, overall business challenges including turnover, absenteeism, and behavioral health. Take targeted actions that proactively address these issues.

## Create a change-ready culture

Empower your workforce to meet the challenges of change and uncertainty proactively through resilience. With science-backed training, employees build the skills needed to optimize their own wellbeing, productivity and growth.

## Measure your impact and make smarter, data-based decisions

Understanding what people need, from a holistic mental, emotional and physical perspective, helps you make better investments in employer support and HR services. Don't just hope you're making a difference – know that you are. meQ is proven to reduce turnover, absence and healthcare costs while increasing wellbeing and productivity to impact your bottom line.



# 10-29%

Lower turnover rates among meQ members compared to non-members

# 60%

Less likely to suffer burnout when resilient

# 135+

Countries with members with 14 supported languages

meQ's VP+ solutions help people know more about themselves and helps leaders know more about their people, so that **together** they can build culture that can do more than ever.

## meQ Engage – VP+ Expanded Solution

- Validated assessment of resilience across multiple dimensions for an **AI-driven, hyper-personalized journey**
- Individualized meQ score** and profile indicating strengths and areas for improvement across resilience dimensions
- Multi-modal engagement: **CBT-based skill building** training, interactive learning modules, videos, activities, monthly Calm-Cast webinars, blogs, challenges and badging
- Personalized communications**, behaviorally driven emails and push notifications **keep employees engaged**
- Personalized journey recommendations for new habit-forming activities to **address root cause**
- Proprietary tools:** Award-winning Mood Coach, AI Chatbot, and virtual Breathe Coach that uses heart rate variability biofeedback to help with mindfulness breathing, trainings and meditations, journaling tools to analyze/track thoughts
- Trigger custom, confidential alerts that **navigate employees to relevant resources** across the entire ecosystem
- meQ's **Workforce Intelligence** is a real-time, predictive data analytics tool for leaders to identify employee wellbeing and performance risks.

## meQ Suite – VP+ Extensive Solution

**The Suite includes all of the features of meQ Engage plus the following workforce and organizational resilience building features:**

- meQ Suite offers **deeper, real-time insights** with **industry benchmark comparisons and manager dashboards** to identify risks and show areas of improvement – from work life balance to stress
- Manager, leader and team skill building activities and resources based on meQ's proprietary science to **develop resilient leaders** and high performing teams
- Manager and team training to model, mentor and build a **culture of resilience**
- meQ Values Match tool where users can see how they **match with the overall organizational values**
- meQ Mentor Match where users are classified as mentors or mentees based on resilience scores and **mentorship matches** are recommended
- meQ's **Workforce Intelligence Pro** also allows leaders to take action with Workforce Campaigns and measure business results with Workforce Outcomes

