

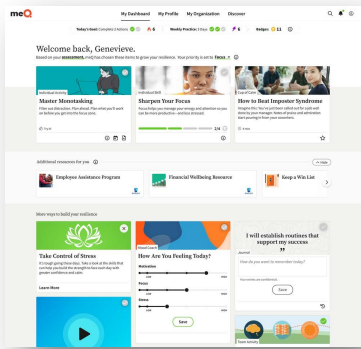


# From Risk to Resilience: Outperform the Market\*

The meQ Workforce Resilience Suite is a multi-modal, cloud-based solution that delivers individual, leader, manager, and team training, activities, resources, and data to help organizations build resilience across their entire workforce—globally and at scale.

## BUILD WORKFORCE RESILIENCE

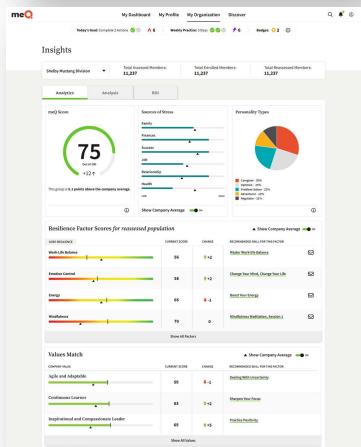
With the meQ Suite, organizations gain real-time insights into workforce wellbeing, productivity, and potential areas of risk or breakdown—data that is unavailable through common HR touchpoints—to help leaders make informed decisions about their people and their business.



**10-29%**  
Lower turnover rates among meQ members compared to non-members

## SUPPORT INDIVIDUALS AND OPTIMIZE YOUR HR ECOSYSTEM

Every member, from the front line to the executive suite, receives a highly-personalized learning path that includes training, interactive learning modules, videos, and gamification to build their intrinsic, adaptive responses to life's challenges. Scientifically developed and based on responses to our clinically-validated assessment and ongoing use of meQuilibrium, our Intelligent Navigation routes employees to the right type and level of care they need, exactly when they need it.



**60%**  
Highly resilient people are 60% less likely to suffer burnout

**135+**  
Countries with members with 14 supported languages

## DEVELOP RESILIENT MANAGERS AND AGILE TEAMS

With dedicated team courses, challenges, and resources, foster effective decision-making, problem solving, and collaboration. Real-time Manager Insights puts data in the palm of their hands, making it easy for leaders to understand how their people are doing—from work-life balance to sources of stress. With one click, managers can share recommended resources and trainings with their teams. Additionally, Values Match and Mentor Match programs help employees build the skills they need to deliver on the company's values and develop professionally.

- Teach leaders how to model resilience and build stronger teams
- Foster mentorship and connectedness to company values

\* Among meQuilibrium's largest publicly-traded customers, those companies with the highest resilience scores at baseline outperformed the Dow Jones Industrial average by 116% (Dec 2018 – Dec 2020).

The meQ Workforce Resilience Suite puts sophisticated predictive data analytics and insights, directly into the hands of HR professionals giving them unprecedented access to take action and impact not only wellbeing, also productivity, cost savings, and overall business performance.

## WORKFORCE INTELLIGENCE PRO: Deeper Insights, Predictive Analytics

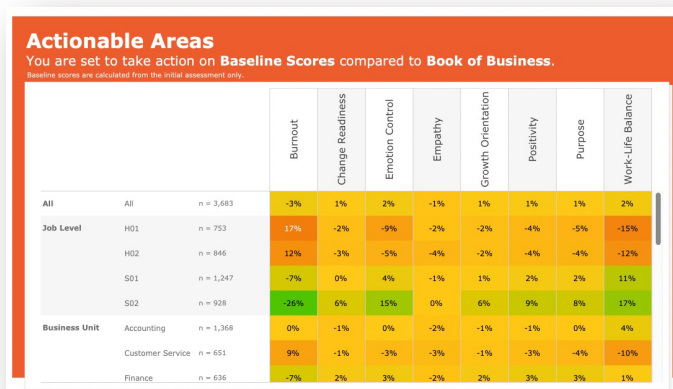
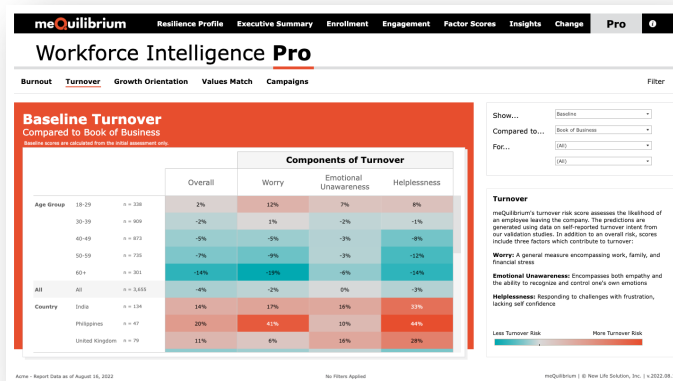
meQ's Workforce Intelligence Pro is a robust data analytics tool for going deep to help organizations better understand how their people are doing, and what they can do today to prevent issues tomorrow. Now, HR and business leaders have the workforce population analytics and insights they need to pinpoint strengths and vulnerabilities within their population to make data-driven business decisions for a sustainable, resilient workforce.

### Truly Understand Your People

meQ's Workforce Intelligence Pro reports and heatmaps help managers and leaders pinpoint risk and opportunity across their workforce. Reports include, but are not limited to, your organization's Resilience Profile, Enrollment and Engagement, Burnout, Turnover, and Growth Orientation.

### Take Action and Measure Results

Workforce Campaigns empower the user to administer targeted campaigns to the cohort in need with the right content at precisely the right time, to help remediate the issue or support the growth opportunity. Measure impact with Workforce Outcomes.



**GLOBALLY SCALABLE, PROVEN IMPACT:** The meQ Workforce Resilience Suite is a global, enterprise grade solution. It is clinically validated, HIPAA, SOC2, HITRUST, and WCAG-AA and GDPR compliant, available in the following 14 languages. meQ drives results:

#### REDUCED TURNOVER

10% less turnover, saving an annual \$4.8M per 10,000 enrolled employees

#### LOWER MEDICAL COST

Reduced by an average of \$300 per person, per year

#### IMPROVED BOTTOM LINE

Total average annual savings of \$1,432 per meQ member