



Your local Blue Cross Blue Shield

meQuilibrium Digital Mental Well-Being Solution for Your Patients

Provider Resources

At Florida Blue, we are committed to working with you to support your patients', our members', whole-person health care journey. That is why we want to remind you about meQuilibrium – a digital solution we offer to our members to support mental well-being.

Use the materials linked below to share more information about meQuilibrium with your Florida Blue, Florida Blue Medicare and Truli for Health patients.

| Resource Link | Description |
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| Solution overview | This flyer explains what you need to know about meQuilibrium and why reducing stress and improving mental well-being are important for overall health. |
| FAQs | This document provides answers to frequently asked questions you or your patients may have. |
| Member flyer | This flyer is for your patients and explains what meQuilibrium is and how they can use it. |
| Key messages | Use these key points to help guide your conversations with patients about meQuilibrium. |
| Patient email and highlights | Use this message to communicate with your patients through your normal channels, e.g., patient portal, newsletters, etc. |

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