



# Support Your Patients with meQuilibrium

At Florida Blue, we are committed to working with you to support your patients, our members, on their full health care journey. As health care providers, you care for the whole patient, not just their physical diagnoses. For this reason, we want to ensure you know about meQuilibrium (or meQ) – a digital well-being solution available to members in support of their mental well-being.

Having the right tools to reduce stress, build resilience and improve mental well-being is critical to the patient's overall health.

According to the [Centers for Disease Control and Prevention](#), mental well-being is linked to lower risks of disease, quicker recovery and better immune function.

## About meQuilibrium and How it Can Help

meQuilibrium is a top-rated resilience-building program with proven engagement and efficacy based on:

- 25 years of proprietary science
- Expertise at measuring and impacting population-wide behaviors
- Validation through people analytics and predictive population insights

## Eligible Florida Blue Members Have Access to meQ at No Extra Cost

Eligible members can access meQuilibrium from their health plan's member website.

- Log in to the health plan member website
- Select **Find & Get Care**
- Select **Mental Well-Being** from the dropdown menu
- Scroll to **Available Programs**
- Select **meQuilibrium**

After logging in, patients can register and complete a brief assessment to identify:

- Their stress personality
- What increases and depletes their energy levels
- A personalized action plan with science-backed lessons, activities, articles and so much more

Members may also download the app from their smartphone app store allowing them to access meQuilibrium no matter where they are.

# Mental Well-Being Matters

Mental well-being is an overall positive and hopeful emotional state fueled by a sense of purpose and satisfaction with life, work and relationships. It is supported by the capacity to adapt to life's stressors.

During the pandemic, many people have been living with higher levels of stress. According to data from the CDC, there was an increase in people reporting symptoms of anxiety and depression from March 2020 through February 2021.

To ensure our members are aware of meQ and how it can help reduce stress and build resilience, we encourage you to share information about the tool. Here are some suggestions to engage patients and help them learn more about the resources and services they can access at no cost:

- During a regular visit, provide the [meQuilibrium flyer](#) to your Florida Blue\*, Florida Blue Medicare members. For Truli for Health members, use [this flyer](#).
- Send an email or a patient portal message to all eligible members\* or a subset of those patients with a medical comorbidity.
- Integrate meQuilibrium into your health coaching program for digital, telephonic and in-person health coaching for eligible members\*.

## How meQuilibrium can help your patients

Please use this toolkit to introduce your patients, our members, to meQuilibrium. We believe they will appreciate the mental well-being services and solutions available through this tool. Here are some ways meQ can help:

- Better manage day-to-day life events
- Find ways to calm their worries and anxiety
- Reduce loneliness and stay connected to others
- Be more mindful
- Boost their mood

## Members participating in the following Florida Blue plans can access meQuilibrium at no extra cost:

- Florida Blue individual/family plan
- Florida Blue fully insured\* group plan
- Florida Blue Medicare Advantage plan
- GuideWell Truli for Health plan

*\*Most Florida Blue self-insured plan members do not have access to meQuilibrium at this time. The member's ID card indicates if their plan is self-insured.*



HMO coverage is offered by Truli for Health. Health insurance is offered by Florida Blue. Both companies are Independent Licensees of the Blue Cross and Blue Shield Association. meQuilibrium is an independent company contracted by Florida Blue to provide health and wellness services and resources to members. This benefit is available to Florida Blue members 18 and older. Eligibility is limited to members with an individual or family plan, an individual or family ACA plan and members with coverage from their fully insured group employer health plan.