

meQuilibrium Update

Item 8B – Group Insurance Board

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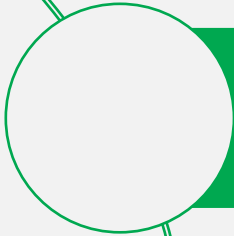
Office of Strategic Health Policy



Informational Item Only

No Board action is required.

Background



meQuilibrium (meQ) is an evidence-based stress and resilience digital coaching solution



Supports overall good health, reduces depression and clinical anxiety



Available to 10,000 GHIP subscribers from 8 state agencies, beginning in November 2021

Enrollment and Engagement

310 employees enrolled; goal was 900

Engagement by GHIP participants is greater than meQ's benchmark

Preliminary Results

Average resilience score is 11% lower than the book of business (BoB)

Baseline risks are worse than meQ's BoB

Reassessments showing improvements in resilience and risks

Satisfaction survey results are trending well

Summary and Next Steps

Mental health is an area of opportunity for the GHIP

Utilization of resources and impact has been positive, but uptake is lower than expected

Focus on increasing enrollments

The background is a dark blue gradient with numerous out-of-focus light spots in shades of blue and purple, creating a bokeh effect.

Questions?

Thank you



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