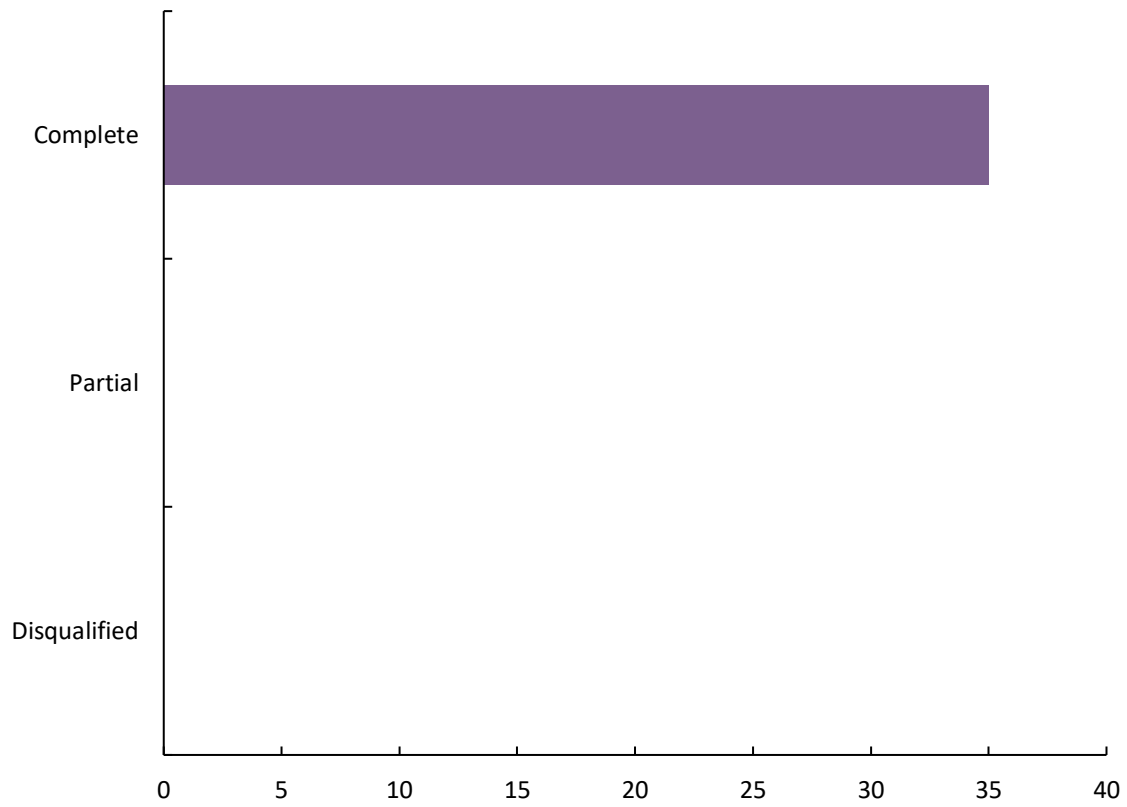


Report for State of WI Member Satisfaction

Mar 2022

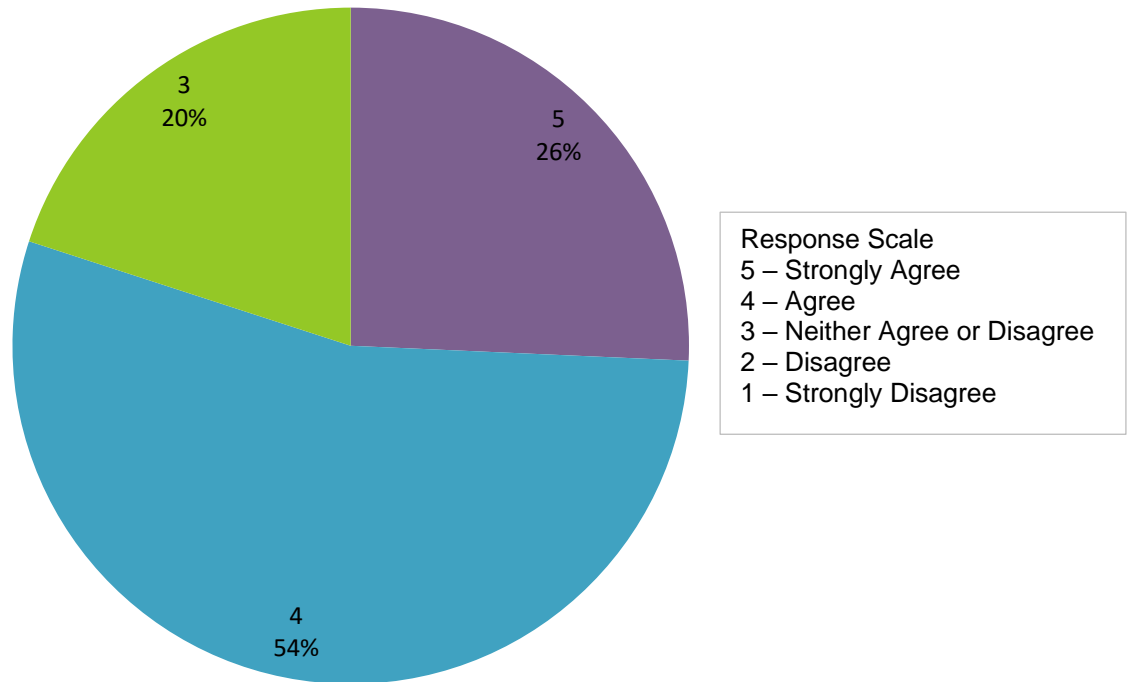
State of WI Member Satisfaction Mar 2022

Response Statistics



	Count	Percent
Complete	35	100
Partial	0	0
Disqualified	0	0
Totals	35 Sent to 242 eligible members 14.5% completion rate	

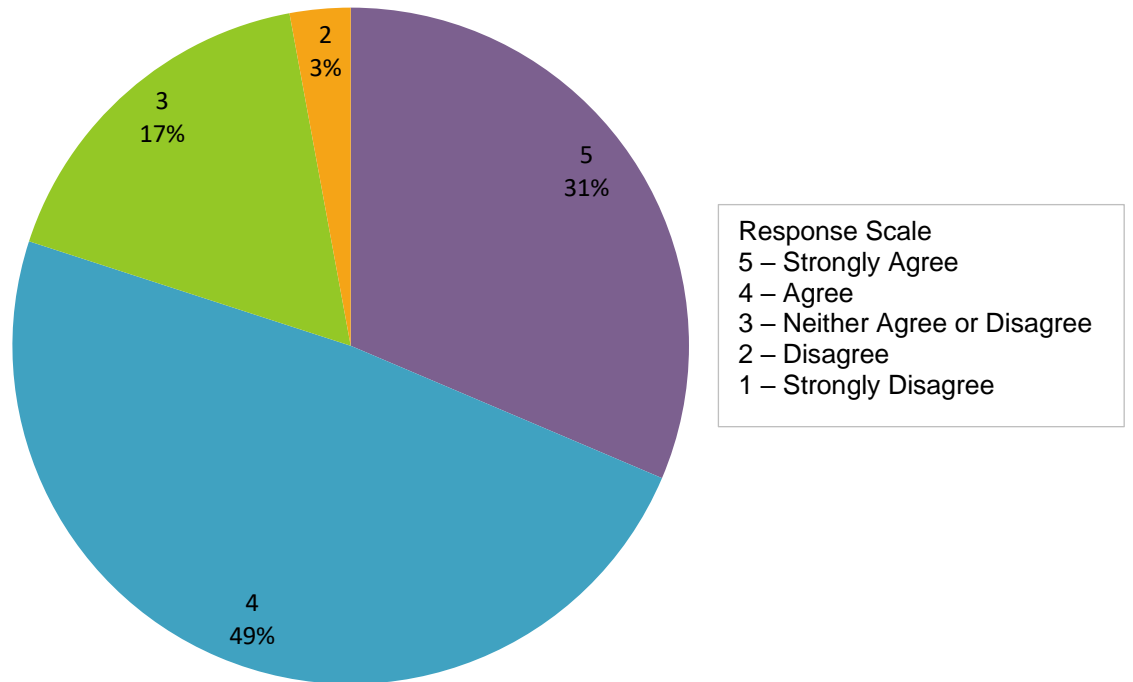
1. I am satisfied with the meQuilibrium program.



Value	Percent	Count
5	25.7%	9
4	54.3%	19
3	20.0%	7
Totals		35

Statistics	
Average	4.1

2.I would recommend meQuilibrium to others.



Value	Percent	Count
5	31.4%	11
4	48.6%	17
3	17.1%	6
2	2.9%	1
	Totals	35

Statistics	
Average	4.1

3.How much do you agree or disagree with each of the following statements?

	5	4	3	2	1	Responses	Average
	Row %	Row %	Row %	Row %	Row %	Count	
meQuilibrium is an engaging and low stigma way to learn more about resilience and mental health related topics.	40.0%	42.9%	17.1%	%	%	35	4.2
meQuilibrium is helping me take better care of myself.	25.7%	40.0%	22.9%	11.4%	%	35	3.8
meQuilibrium is helping me have better relationships with coworkers, friends and family.	11.4%	31.4%	45.7%	11.4%	%	35	3.4
meQuilibrium is helping me be more productive and engaged in my life personally and professionally.	14.3%	42.9%	31.4%	11.4%	%	35	3.6

Response Scale
 5 – Strongly Agree
 4 – Agree
 3 – Neither Agree or Disagree
 2 – Disagree
 1 – Strongly Disagree

Total Responses						35	
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4. Is there any additional feedback you would like to share about meQ?



ResponseID	Response
1	This is one of the most valuable health benefits we have. Mental health is a huge part of healthcare and this program addresses so many issues for people.
7	Some of the questions or feedback you need are a bit personal so I skip those areas. But I think overall its pretty cool.
10	I know time management is something that is taught, but I am having a difficulties carving time to sit down and really explore the site. I am always under a deadline or called away.
12	The topics are good, but when it comes to actual advice, it is very light.
14	I love, love, love this program. I have been able to find the positive in situations instead of always looking at the negative side of things. This program is very valuable. Thank you!
15	The information provided is easy to access & always thought provoking. Thank you for the opportunity to participate in the program.

16	I don't know how adding yet another thing to squeeze in and keep track of during my day is supposed to reduce stress
17	I'm finding that going through some of the activities, they are unable to proceed forward to completion. Must be a glitch in the program.
18	Have only had program for a day - set-up and very little experience to fully evaluate the program
20	The app is a bit overwhelming, too busy appearing and so it's hard to follow sometimes.
22	Great articles!
24	I find that the app doesn't always update correctly. For example, it has not let me update my mood inventory for several days. Also activities seem to pop up over one another, so I can't tell what I've finished.
26	Your app does not work. I downloaded it to my phone, logged in, and there is just a frozen screen with the same text every time I open the app. I tried deleting and reinstalling, but the same things happens.
27	I wish that meQ would organize accountability groups to discuss and hold each other accountable.
28	There is good content in articles but there are often just short blurbs. More in depth information would be helpful. The little daily tasks for breathing, icebergs, and whatnot are not appealing to me.
30	More ways to recover from (and avoid) burnout
35	Love it! Signature emotion & iceberg belief especially enlightening!♥

