

WHERE YOU
BELONG

Find health and closer connection.

You Can't Grow Unless You Know

meQuilibrium can help you understand what makes you tick and what takes you ahead.



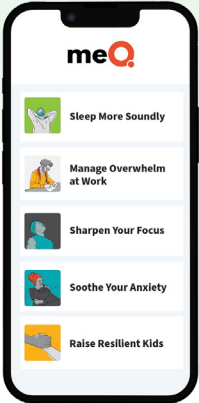
Let's Get Started!

WebMD
Health Services

meQuilibrium


WELL WISCONSIN
Healthier starts with you

Start Strengthening Your Resilience Today



Well Wisconsin offers meQ to all Group Health Insurance Program subscribers and spouses. meQ is a science-based resilience-building app to support your emotional well-being. Join today and find out what drives you and where you might need an extra hand.

Sign up for meQ at webmdhealth.com/wellwisconsin and complete a short questionnaire for a personalized experience.

Bonus: Completing the meQ questionnaire counts as a well-being activity, one of three steps toward earning the \$150* Well Wisconsin incentive!

Scan to get started!



“ meQ helps me understand stress and handle situations before they get out of control. ”

-meQ Member



The Tools You Need to Become Your Best You

meQ isn't just another well-being app. It's a program to help you understand yourself better and build small habits that will make everyday a little easier so you can be there for what matters most.

The meQ program is:

- Private and confidential
- Simple to use with activities, interactive skills, and guided meditations to help you release stress in the moment—all tailored to **your** needs
- Measurable and successful—check your progress over time

*The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.