meQ ISN'T JUST ANOTHER WELL-BEING APP. It's a program to help you build resilience, understand yourself better, and build small habits that will make every day a little easier, so you can be there for what matters most. Get your meQ resilience profile to find out what drives you and where you might need an extra hand.

- **PRIVATE AND CONFIDENTIAL**
  - Your employer will never have access to your personal information

- **DEEP BUT SIMPLE TO USE**
  - **160+ ACTIVITIES** to check in with yourself, release stress in the moment, learn powerful breathing techniques, and take control of your day
  - **80+ INTERACTIVE SKILLS** to aid in your personal and professional development
  - **50+ GUIDED MEDITATIONS** for peace, concentration, sound sleep, and more

- **MEASURABLE AND SUCCESSFUL**
  - **TOP PSYCHOLOGISTS, PHYSICIANS, AND RESEARCHERS CREATED IT.**
    Get a step by step program tailored to your needs and track your progress over time.

**LET'S GET STARTED!**

Get meQ at [GetmeQ.com/wellesley](http://GetmeQ.com/wellesley)

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

- meQ MEMBER