



I know
I can take on
a challenge and
grow from it.

THAT'S RESILIENCE

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

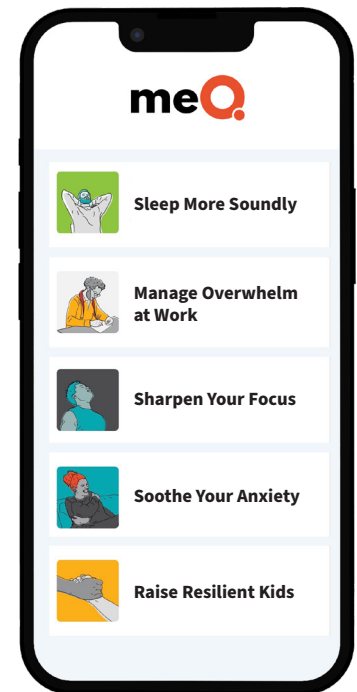
- Your employer will never have access to your personal information

✓ 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!

[GetmeQ.com/wellesley](https://getmeq.com/wellesley)



SCAN
TO GET
STARTED!

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

- meQ MEMBER

