

Personify+

Resilience & wellbeing, a business imperative

meQ Engage is an award-winning, evidence-based, digital solution that gives employees the core tools, techniques, and resources. Build individual resilience through a hyper-personalized learning path to become more resilient, adaptable, and ready for challenges.

10-29%

Lower turnover rates among meQ members compared to non-members

50%

Less likely to quit: predict, prevent, & proactively address workforce breakdowns

60%

Less likely to burnout when using meQ

Back your people with a science-backed approach

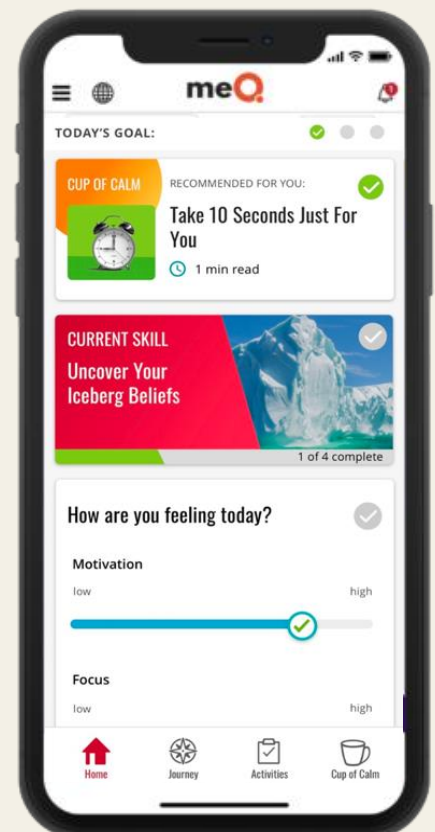
Constantly evolving demands, mounting pressures, stress, and burnout are taking their toll on the health and performance of our employees. Better understand how your people are doing and what you can do today to prevent issues tomorrow.

Back your people with a science-backed approach

meQ's Workforce Intelligence provides real-time data and insights to help you understand the wellbeing and performance of your workforce holistically, at the subpopulation level, and against industry benchmark data.

Build a more resilient workforce

- Customized, AI-driven learning paths for each member
- Interactive learning modules, videos, challenges, and practice activities
- Meditation Library and Breathe Coach that captures biometric feedback
- Other effective tools: Award-winning Mood Coach, AI Chatbot
- Community engagement with Calm-Cast (monthly live webinar)



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meQ's solutions help people know more about themselves and helps leaders know more about their people, so that together, they can build a culture that can do more than ever.

Ten reasons to choose meQ Engage:

1. **Reduce depression, burnout, and stress** amongst every level of your organization
2. **Create a happier and healthier workforce** by addressing 18 factors of resilience
3. **Build a more agile organization** that can handle stress in times of uncertainty and change
4. **Fuel growth within everyone** in your organization with tools to increase their resilience, emotional intelligence, stress management, self-care, positive relationships, and more.
5. **Reduce your company's costs and increase profits** from reduced turnover, increased productivity, and less absences.
6. **Personalized AI-driven resilience coaching solution** to build skills and intelligence where members have the most room for improvement
7. **Intelligent navigation** identifies employees at high risk for mental, emotional, and physical health issues and directs those employees to the right level and type of assistance within your health/benefits ecosystem.
8. **Workforce Intelligence Core** with Engage gives you data and insights into your workforce that help identify risk before vital parts of the organization breakdown
9. **Clinically-validated assessment** with more data points to identify and address the root cause of stress, anxiety, and burnout
10. **Over a dozen languages** available to support your entire global workforce population

