

meQuilibrium



Learn the techniques to change the thoughts and behaviors that lead to stress.
Your journey to finding your **meQuilibrium** has begun.

How it Works:

- ✓ **Complete the meQ assessment** to learn your meQ personality, sources of stress, top lifts and drags.
- ✓ **Build skills** to become more resilient, **using your personalized journeys** which contain **interactive lessons, guided video activities, and readings** —all designed to create new habits and ways of thinking.

Get Started Now:

First Time Users must initiate account through WebMD Portal:

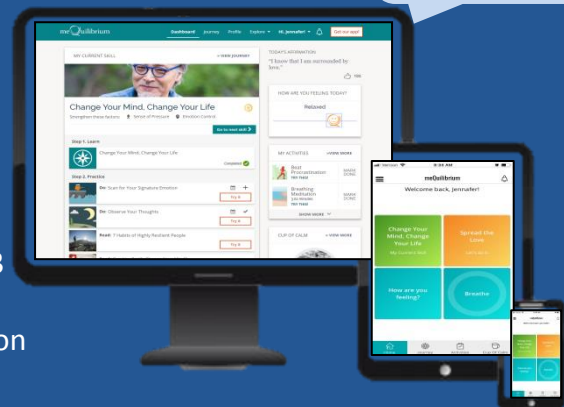
1. Log in to your WebMD Portal (www.webmdhealth.com/bhy)
2. Go to Resources from your homepage and select “meQuilibrium”
3. Enter your email and create a password

All subsequent visits via desktop computer must follow steps 1 & 2, then you will be automatically signed into your meQuilibrium account, no additional log in will be required.

Access via Mobile App

1. Once your account is initiated through WebMD (steps 1 –3 above) you can download the mobile app.
2. Search and download ‘meQuilibrium’ from the app store on your mobile device.
3. Enter your email and password (created in step 3 above) to access the app.

“3 out of 4 people feel overloaded and stretched to the max.”



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