

## Frequently Asked Questions (FAQs)

**Q: How do I access meQuilibrium?**

**A:** Simply type the following website address into the browser of your computer, tablet or smartphone and set up your account: <https://synopsyswellness.limeade.com>

**Q: How does meQuilibrium work?**

**A:** meQuilibrium is a stress management app designed to help you feel more resilient and focused on what's important to you. After you enroll you will:

- Complete the Assessment: Immediately gain insights, into your stress personality, thinking patterns, and lifestyle habits that cause you to feel overwhelmed. It takes 10-15 minutes!
- Start your personalized program: You'll be guided step-by-step through the program to learn new skills through activities and short videos.
- Download the meQuilibrium app: Get quick access to daily stress-busting tips and inspiration whenever and wherever you need it.

**Q: Who is eligible to participate in meQuilibrium?**

**A:** All employees can enroll in meQuilibrium at no cost.

**Q: Will anyone see the information I provide to meQuilibrium?**

**A:** Your information is completely private and confidential. Your employer does not have access to what you write or any of your individual data. Your employer will receive a population level report to understand how your organization is making progress on building resilience.

**Q: How do you know the program works?**

**A:** meQuilibrium was created from over 20 years of research in positive psychology, resilience training, and integrative medicine spearheaded by psychologist Andrew Shatté, Ph.D. and Adam Perlman, M.D.

**Q: How does the mobile app work and how much does it cost?**

**A:** The app is free and available for iPhone and Android devices. It gives you quick access to your personalized program and daily doses of inspiration. It is simple to use:

1. Search for meQuilibrium in the Apple Store or Google Play.
2. Download the app to your phone or tablet.
3. Use the credentials set up during your initial meQuilibrium enrollment and you're in!

**Try meQuilibrium Today!** <https://synopsyswellness.limeade.com> 