



THE SCIENCE OF YOU

meQ isn't another wellbeing app, it's a data-driven approach that digs deep to reveal the root causes of stress and success, helping you understand what makes you tick and what takes you ahead.

As leaders in the science of resilience, meQ isn't just practical, it's proven.



Less Stress, More Solution

Running on emotions alone, will only take you so far. That's why meQ gives you both insights and actionable advice on how to react and adapt to challenging circumstances. So you can take steps that help you stay ahead.

WHAT YOU'LL GET

- **YOUR RESILIENCE PROFILE** with your unique thinking patterns, personality traits, and the habits that keep you feeling stuck and overwhelmed.
- **A STEP-BY-STEP PROGRAM** personalized for you. Do as much or as little to learn more about yourself and gain the precise skills you need to be more resilient.
- **meQ WEB + meQ APP** for quickest access to daily check-ins, inspiration, and stress-busting tips—wherever you are.



PRIVATE AND CONFIDENTIAL

- Your personal information is never shared with your employer



IN-DEPTH & EASY TO USE

- 130 activities to relieve stress in the moment, establish healthier habits, and achieve longer-range goals in tiny steps
- 80+ interactive exercises to support your personal growth and development—helping you gain the skills, knowledge, and power to show up for yourself and those around you
- 50+ guided meditations for energy, calm, focus, better sleep, and more



MEASURABLE & EFFECTIVE

- Developed by top psychologists, doctors, and researchers
- Get insight into your unique profile of strengths and risks, and track your progress as you continue your journey

YOU CAN'T GROW UNLESS YOU KNOW

OUR MEMBERS SAY...

“I really like meQ. It only takes a few minutes and helps me understand why I feel the way I do and how to change it to a better outcome.”

“meQ has made me realize how to relax, clear my mind, take breaths and refresh my mind.”

LET'S GET STARTED

synopsyswellbeing.limeade.com

