

Rise above stress with meQuilibrium

You can't make today's challenges disappear, but you can take control of your response. Your Florida Blue plan* now includes meQuilibrium, a digital mental well-being program designed to help you face each day with confidence, at no extra charge.

Backed by over 20 years of research, meQuilibrium can help you:

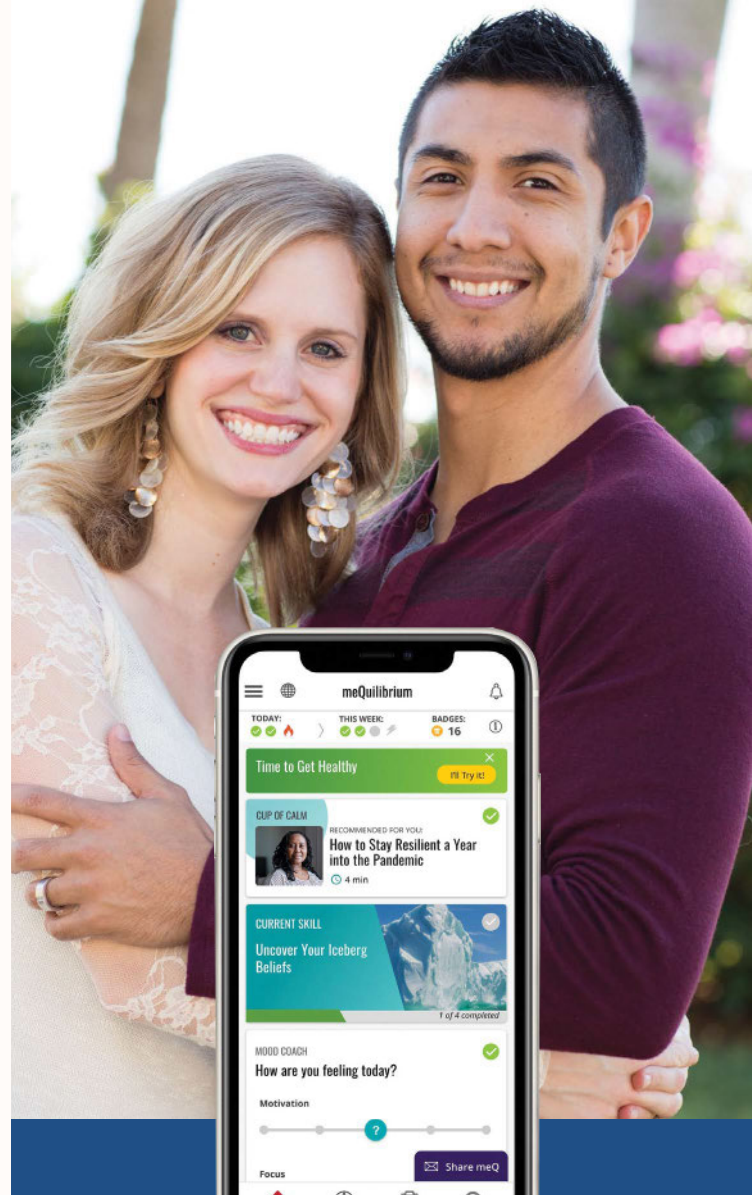
- Calm worry and anxiety
- Successfully manage day-to-day stress
- Improve your sleep, so you wake up feeling refreshed

How does it work?

- Take the meQuilibrium assessment. Your personal information remains completely confidential.
- Find out your stress score and learn how to lower it.
- Learn about your unique thinking styles, stress triggers, and your stress personality.
- Begin a personalized journey created just for you. Easy-to-do activities and short videos will help you learn new ways to build resilience — all at your own pace.

You may be eligible for a reward through the Better You Strides program. Log in to your member account at FloridaBlue.com and click on My Rewards at the top of your home page to learn more about the meQuilibrium reward.

Florida Blue 
Your Health Solutions Partner



Ready to get started?

Look for meQuilibrium in the **Find and Get Care** section of your member account. Click the **Mental Well-Being** tab and scroll to **meQuilibrium** to get started. Don't have a member account? Sign up today at FloridaBlue.com.

meQuilibrium



*All benefits are not available on all plans. meQuilibrium is available to Florida Blue and Florida Blue HMO members 18 years of age and older. If you get your coverage through your employer, check with your benefits administrator to make sure meQuilibrium is available to you. Please remember that all decisions that require or pertain to independent professional medical/clinical judgment or training, or the need for medical services, are solely your responsibility and the responsibility of your physicians and other health care providers. meQuilibrium is an independent company contracted by Florida Blue to provide health and wellness services and resources to members. Florida Blue and Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information visit FloridaBlue.com/ndnotice. 113225B 0224R