

## Help Your Patients Manage Stress With meQuilibrium

Most of us experience stress. How we react to it may determine its impact on our health. To help, we provide our members a digital mental well-being solution called meQuilibrium. And it is available to our fully insured commercial, Florida Blue Medicare, and Truli for Health members at no extra cost.

meQuilibrium offers an array of tools and techniques that are simple and easy to access. These tools were developed based on years of research, and evidence shows them to be very effective and helpful in building resilience.

To make it easier for your practice to share information about meQuilibrium with your Florida Blue patients, we developed a new toolkit with links to FAQs and talking points, along with a flyer you can give your patients. Look for [meQuilibrium Digital Mental Well-Being Solution for Your Patients](#) in the **Behavioral Health in Your Practice** section at [FloridaBlue.com/Providers](https://FloridaBlue.com/Providers).

We hope you will encourage your Florida Blue patients to try meQuilibrium. Members can access meQuilibrium by logging in to a Florida Blue member account or by downloading the meQuilibrium app on a smart phone or computer.

### Additional Information About meQuilibrium

Backed by more than 20 years of research, meQuilibrium helps members:

- Better manage work-life balance.
- Find ways to calm worries and anxiety.
- Reduce loneliness and stay connected to others.
- Be more mindful and help boost mood.

You can find more behavioral health information and tools in [Behavioral Health in Your Practice](#) at [FloridaBlue.com/Providers](https://FloridaBlue.com/Providers).