

New Digital Tool Helps Your Patients Build Resilience

meQuilibrium Now Available to Most Florida Blue Members

Florida Blue members now have access to a digital program to help them manage stress and build resilience.

Called meQuilibrium, this online program offers simple, evidence-based techniques to reduce stress. It is available to our fully insured commercial plan members and most Florida Blue Medicare Advantage members at no extra cost.

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

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

We hope you will encourage your patients to try it out by providing them [a copy of this flyer](#). Members can log in to their member account at **floridablue.com** or **floridablue.com/medicare** and locate the link to the meQuilibrium program under the **Find and Get Care** section on the **Mental Well-Being** page. **Note:** If members do not have access to the Mental Well-Being page, they are not eligible for meQuilibrium.

After completing their registration, they may download the app on their phone and access the meQuilibrium program from their smart phone. If they do not have a smart phone, they may download the app on their computer and use the tools available at meQuilibrium.com.