

Wishing you a Happy & Healthy New Year!



- From the meQuilibrium Team, Digital Coaching for Stress & Resilience

We have a lot to be grateful for in 2013. Here's what we did and learned with your help:

3,882,372

✓ data points collected

24,887

📝 assessments completed



Key Sources of Stress:

62% money

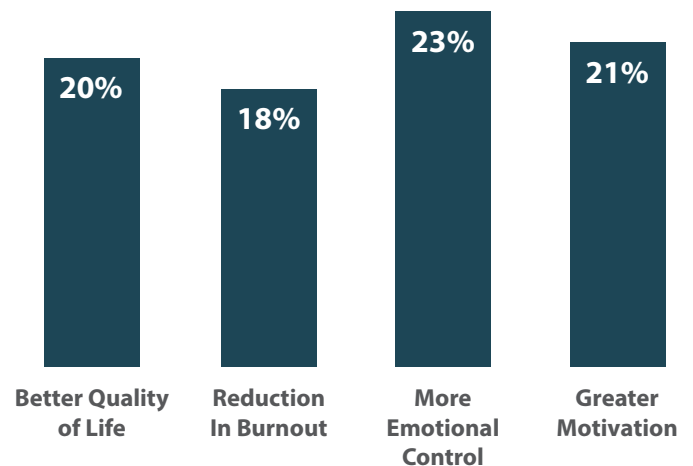
73% family

51% work

57% health

Consistent Sustained Outcomes

After 60 days, meQ users report these improvements:



Let's take stress by the horns together in 2014!

The #1 Workplace Risk Factor is Stress.

Towers Watson/NBGH 2013/2014 Staying@Work Survey