

## **New Digital Tool Helps Your Patients Build Resilience**

### **meQuilibrium Now Available to Most Florida Blue Members**

Florida Blue members now have a new app to help them manage stress and build resilience – the ability to adapt well and recover quickly from stress.

This tool, called meQuilibrium, is an online program that offers simple, evidence-based techniques to reduce stress. It is available to our fully insured commercial plan members at no extra cost and will be available to Florida Blue Medicare Advantage members beginning in 2022.

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. Fully insured Florida Blue members can log in to their member accounts at [floridablue.com](https://floridablue.com) to learn more about meQuilibrium. If they do not have a smart phone, they may download the app on their computer and use the tools available at [meQuilibrium.com](https://meQuilibrium.com).