

## Frequently Asked Questions (FAQs)

### **Q: Who is eligible to participate in meQuilibrium?**

A: All HP employees can enroll in meQuilibrium at no cost (you do not have to be covered under HP benefits).

### **Q: How do I access meQuilibrium?**

A: Simply type the website address ([www.myhpbenefits.com](http://www.myhpbenefits.com)) into the browser of your computer, tablet or smartphone and follow the simple steps to register.

### **Q: How does meQuilibrium work?**

A: meQuilibrium is an online coaching program designed to help you be your best possible self. After you have logged into the meQuilibrium site you will:

**Take the meQuilibrium Assessment** (takes less than 10 minutes) that will evaluate your personality type, thinking patterns, habits and lifestyle to pinpoint areas that cause you to feel overwhelmed.

**Discover your own personal Profile.** Based on your assessment responses, you'll instantly receive an in-depth analysis of the ways your thinking and lifestyle habits may create stress for you.

**Use it when you want, how you want.** We recommend 5-10 minutes a day but you can work at your own pace and at a time that works best for you.

### **Q: Will any of the information I provide to meQuilibrium be seen by HP?**

A: No, your meQuilibrium program is personalized and your results are completely private. meQuilibrium will keep your individual information confidential. HP will only be provided with group aggregate reporting to understand how employees are using the program and improving.

### **Q: How do you know the program works?**

A: meQuilibrium was created on the basis of over 20 years of research in positive psychology, resilience training, and integrative medicine spearheaded by psychologist Dr. Andrew Shatté, Ph.D. and Dr. Adam Perlman, M.D.

### **Q: How does the mobile app work and how much does it cost?**

A: The meQ app is free and available for iPhone and Android devices. It is simple to use:

1. Enroll (create an account) in the program with the web link provided above.
2. Complete the meQ assessment (takes less than 10 minutes).
3. For convenience, download our app from the app store to use meQuilibrium wherever and whenever works best for you.

### **Q: Who do I contact if I need help?**

A: You can reach out to meQuilibrium's customer support at [support@mequilibrium.com](mailto:support@mequilibrium.com)