



Comcast is pleased to offer a free program benefit from meQuilibrium to employees and their spouses/domestic partners. We have provided some talking points and FAQs below for reference. We appreciate your support in getting the word out about the meQuilibrium program!

Talking Points

- ❖ Comcast is pleased to offer a free program benefit from meQuilibrium.
- ❖ meQuilibrium is an online program designed to help you manage stress and feel your best! Sign up today at mymeq.com/comcastnbcu
- ❖ The meQuilibrium program is unique in that it goes beyond just providing tips to reduce stress but concentrates on helping you:
 - Stay calm and focused
 - Boost self-confidence
 - Sleep better
 - Work well under pressure
 - Better handle life's competing demands
- ❖ The program is completely private and confidential.
- ❖ Don't forget this program is also available and free for spouses and domestic partners using the same web address as noted above.
- ❖ meQuilibrium is designed to fit into a busy lifestyle and includes an assessment, short videos and interactive tools that can be done at your own pace—even when you have just 5 minutes!
- ❖ You can access the program anytime on your computer, tablet or smartphone.
- ❖ Resilience factors included in meQuilibrium.

MIND Positive Outlook
Focus
Self Confidence
Emotional Control
Peace of Mind
Mindfulness

BODY Physical Activity
Eating Habits
Pain Management
Sleep

SURROUNDINGS Problem Solving
Empathy
Sense of Pressure
Work-Life Balance
Life Satisfaction
Financial

CONNECTION Connection to Work
Support System
Meaning & Purpose

Frequently Asked Questions (FAQs)

Q: How do I access meQuilibrium?

A: Simply type the website address (mymeq.com/comcastnbcu) 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 Comcast?

A: No, your meQuilibrium program is personalized and your results are completely private. meQuilibrium will keep your individual information confidential. Comcast 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