



December 2021

New Digital Program Helps Patients Build Resilience

meQuilibrium Now Available to Truli for Health Members

Truli for Health members now have a new digital mental well-being program to help them manage stress and build resilience.

meQuilibrium is an online program that offers simple, evidence-based techniques to reduce stress. It's available to Truli for Health members at no extra cost.

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

- Better manage their work-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'll encourage your patients to try it out. Truli members can log in to their member account to learn more about meQuilibrium.

Health coverage is offered by Truli for Health, an affiliate of Florida Blue. These companies are Independent Licensees of the Blue Cross and Blue Shield Association.