



# THE SCIENCE OF YOU

meQ isn't another well-being app, it's a data-driven approach that digs deep to reveal the root causes of stress and success, helping you understand what makes you tick and what takes you ahead.

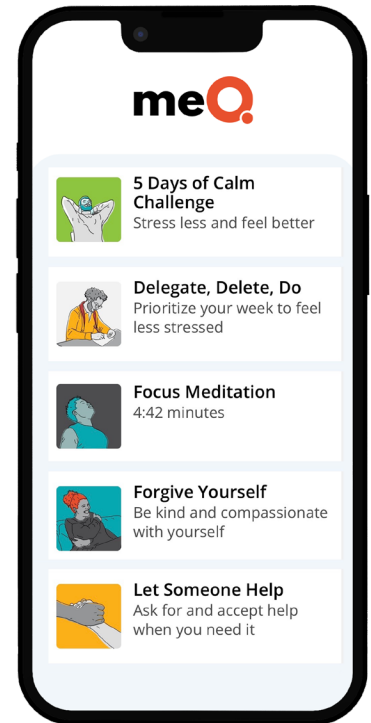
**AS LEADERS IN THE SCIENCE OF RESILIENCE, meQ ISN'T JUST PRACTICAL, IT'S PROVEN.**



**RUNNING ON EMOTIONS ALONE, WILL ONLY TAKE YOU SO FAR.** That's why meQ gives you both insights and actionable advice on how to react and adapt to challenging circumstances. So you can take steps that help you stay ahead.

## WHAT YOU'LL GET:

- ✓ **YOUR RESILIENCE PROFILE:** Your unique thinking patterns, personality traits, and the habits that keep you feeling stuck and overwhelmed.
- ✓ **PERSONALIZED JUST FOR YOU:** Do as much or as little to learn more about yourself and gain the skills to be more resilient.
- ✓ **IN-DEPTH + EASY-TO-USE:** 130+ activities, 80+ interactive exercises, and 50+ guided meditations to relieve stress, support personal growth, and more.
- ✓ **MEASUREABLE + EFFECTIVE:** Developed by top psychologists, doctors, and researchers to help you discover your strengths and overcome your challenges, while keeping track of your progress along the way!
- ✓ **QUICK ACCESS:** To daily check-ins, inspiration, and stress-busting tips—wherever you are—via the meQ App or browser.
- ✓ **PRIVATE + CONFIDENTIAL:** Your personal information is never shared with your employer.



## LET'S GET STARTED!

[go.mymeQ.com/ford](https://go.mymeQ.com/ford)

**I REALLY LIKE meQ. IT ONLY TAKES A FEW MINUTES AND HELPS ME UNDERSTAND WHY I FEEL THE WAY I DO AND HOW TO CHANGE IT TO A BETTER OUTCOME.**

