



## Frequently Asked Questions

### What is meQ?

meQ is an online program to help you build resilience, manage stress and find immediate relief. It teaches you how to create habits that make each day a little easier. Find out what your meQ resilience profile looks like, what drives you, and where you need an extra hand. meQ was created from over 30 years of research in positive psychology, resilience training, and integrative medicine spearheaded by psychologist Andrew Shatté, Ph.D. and Adam Perlman, M.D.

### How do I get started?

1. Download the meQ app and enter access code: **LEIDOS** OR enroll via web: [GetmeQ.com/Leidos](http://GetmeQ.com/Leidos).
2. Complete a confidential 5-minute assessment.
3. You'll get:
  - ✓ Personalized ways to handle stress
  - ✓ Activities and articles for your needs and interests
  - ✓ Mood Coach and guided meditations for in-the-moment relief
  - ✓ Interactive lessons for personal and professional development

### What are Team Courses?

Team Courses provides practical skills for improving resilience, communication, and collaboration within teams. You will build the five habits of empowered people and teams: values, mentoring, integrity, connection, and results. Whether you're managing people, projects, or both, these habits will help you create the conditions for resilience to flourish in your organization.

Find Team Courses under *My Teams* on your meQ Dashboard.

### How do I know if meQ is available to me?

All employees can enroll in meQ at no cost.

### This sounds personal, will anyone see my information?

Your information is completely private and confidential. Your employer will never have access to what you write or any of your individual data. Your employer does receive an anonymous population level report to understand how your organization is making progress on building resilience.

### Do I need the meQ app?

Downloading the meQ app is free and offers immediate access to your personalized and private meQ program. Search for meQ in the Apple Store or Google Play to get started.

**Get Started Today!**

[GetmeQ.com/Leidos](http://GetmeQ.com/Leidos)

