

Tufts Medicine Partners with meQuilibrium to Support Employee Emotional Health and Well-being

May 02, 2023 8:32 AM

meQuilibrium helps Tufts build a culture of resilience

BOSTON and BURLINGTON, Mass., May 2, 2023 /PRNewswire/ -- Tufts Medicine has selected meQuilibrium (meQ), to support the mental well-being of its employees within its health system, including Tufts Medical Center, Lowell General Hospital, MelroseWakefield Hospital, Lawrence Memorial Hospital of Medford, Care at Home, and its integrated physician network. Tufts Medicine health system employees can now access [meQuilibrium](#) to navigate challenges and build their adaptive capacity, resilience and agility.

More than half of health workers report symptoms of burnout, and many are struggling with insomnia, depression, anxiety, post-traumatic stress disorder, or other mental health challenges, according to the [New England Journal of Medicine](#). Caring for patients has always been emotionally and physically demanding, but particularly so during the past three years of the COVID-19 pandemic.

"Tufts Medicine is invested in the well-being of our entire workforce, including front-line employees who may be dealing with anxiety, uncertainty and stress in many types of clinical or non-clinical settings," says Sabrina Granville, CHRO, Tufts Medicine. "We are looking forward to building an even more resilient organization by committing to a culture of collaborative, safe, quality care for both employees and patients. We are particularly proud to announce this well-being program during Mental Health Month."

"Our partnership with Tufts Medicine is a testament to their commitment to their people," says Jan Bruce, CEO and co-founder, meQuilibrium. "The healthcare industry is facing unprecedented levels of stress, compassion fatigue, absenteeism, burnout and attrition. Tufts Medicine is prioritizing its employees' well-being and we are glad they have chosen our science-based resilience platform to meet the needs of their employees, prevent burnout and reduce turnover. They are taking measures to care of their employees, just as they care for others."

meQuilibrium's platform offers a highly personalized, prescriptive journey to help employees become more resilient, empathetic, and emotionally intelligent. The [meQuilibrium Workforce Resilience Suite](#) holistically addresses risks amidst rising rates of mental health challenges, burnout and turnover. Real-time access to data and analytics gives Tufts Medicine the ability to impact targeted behavior change, directly through the meQuilibrium program and across the organization, to mitigate risk and positively improve employee well-being and performance.

About meQ

meQuilibrium (meQ) is the #1 global digital resilience solution to build workforce well-being and performance. Our mission is to make any workforce a workforce for growth. meQ's data analytics based approach uses AI to predict workforce risk for burnout, turnover, and behavioral health risks, and prepare employees for growth and propels teams to action. The meQ solution is available in 14 languages, and serves global enterprises in 130 countries. The company has been included in the Inc. 5000 Fastest Growing Companies list the last four years in a row (2019-2022), Financial Times'

and Statista Americas' Fastest Growing Companies and was honored with Deloitte's Fast 500 Technology Award. meQ product innovation has been recognized by Brandon Hall's Annual Technology Awards and the 2022 WELCOA Well-being Trailblazer Award. Learn more at <https://www.meQuilibrium.com>.

About Tufts Medicine

Tufts Medicine is a leading integrated health system bringing together the best of academic and community healthcare to deliver exceptional, connected and accessible care experiences to consumers across Massachusetts. Comprised of Tufts Medical Center, Lowell General Hospital, MelroseWakefield Hospital, Lawrence Memorial Hospital of Medford, Care at Home, and a large integrated physician network, Tufts Medicine has more than 15,000 dedicated care team members providing more than 1.5 million patient experiences per year. The health system is the principal teaching affiliate for Tufts University School of Medicine. Tufts Medicine came together in 2014 to leverage the experience of its member organizations and integrate their missions to together transform the ways that consumers engage with and experience their care.

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