

Make Every Breath Count

meQilibrium gives members the power to use their minds, breath, and body to improve their responses to life's stressors.



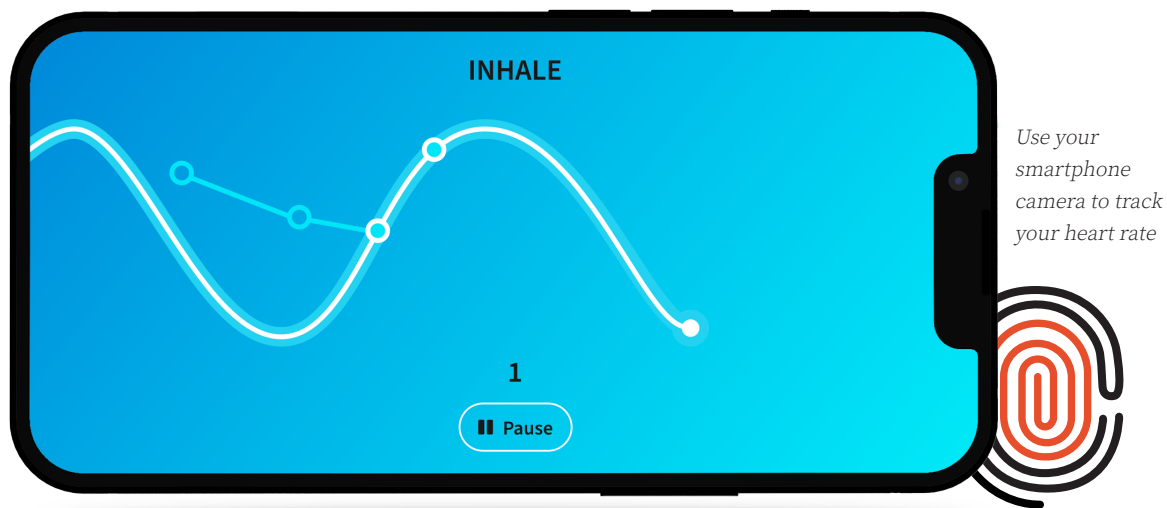
With cardiorespiratory intervention known as Heart Rate Variability Biofeedback (HRVB), meQ members can treat their mind and their body simultaneously for fast, effective training for handling stress, anxiety, and burnout.

EXCLUSIVE RESILIENCE TECHNIQUE

What was once only available from top doctors in hospitals and medical centers via advanced lab equipment, is now available to meQilibrium members — in the palm of their hand — through their smartphone.

MORE EFFECTIVE THAN MEDITATION

Completely different from meditation, the introduction of HRVB through Breathe Coach is changing the game of all breathing applications by enabling you to bring your nervous system into balance. This breathing method is called resonance breathing - a slow, relaxed breathing technique. As a result, members learn to relax on command, reduce stress, calm anxiety, and treat conditions such as attention deficit disorder, chronic pain, insomnia, and more.



Use your
smartphone
camera to track
your heart rate

**meQilibrium members who prefer to use only the web will keep the traditional breathe activities and new training will be added soon.*

MANY BREATHING TOOLS IN ONE APP

meQ'S BREATHE COACH IS A ROBUST PACKAGE OF BREATHING TOOLS THAT INCLUDE:

- **Biometric breathing:** Balance your nervous system and your body in real-time to ultimately control and train your mind and body by using only your smartphone's camera
- **Mindful breathing:** Focus on practicing your breathing anytime, anywhere to help improve health and reduce stress
- **Training:** Learn how to ease your mind, calm down when you need it to reduce stress, decrease anxiety, and improve sleep
- **Meditation:** Relax your mind with guided sessions
- **Data:** See instantaneous heart rate and breath mapping on your smartphone plus your aggregate improvements over time

GAIN CONTROL OVER YOUR BODY AND MIND

meQ's Breathe Coach deploys HRVB techniques coupled with a real-time, visual readout of an individual's heart rate to help everyone control their body through breath. As a result, you gain control over your mind and body which manifests through the ability to better manage reactions, make better decisions during stressful times, and recover more quickly.

UNLEASH THE CONNECTION BETWEEN YOUR MIND AND BODY

The power and connection between the human mind and body is incredible. Science has proven that we have the ability to be more in control of our involuntary functions than we ever used to think. With Breathe Coach, members no longer need multiple tools to harness the power of breath, all they need is meQ.

YOU BREATHE EVERY DAY. SHOULDN'T YOU MAKE IT COUNT?

