

WebMD Health Services Adds meQ Empower, a Solution to Develop Resilient Leaders

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Designed to Drive Engagement and Improve Organizational Agility

Portland, OR, Sept. 10, 2018 -- WebMD Health Services today announced the launch of a new well-being solution, meQ Empower, designed to help employers create an agile, adaptive, and high-performing culture by enabling managers and leaders to build resilient and agile teams and organizations.

Delivered through a partnership with meQuilibrium, the new offering expands Health Services' well-being solutions with a program that builds organizational resilience through emotional intelligence, systems thinking, and negotiation and mentoring skills for team and project leaders of all levels. Through meQ Empower, employees learn the specific behaviors that drive team and organizational agility that are distinct from being a resilient individual.

meQ Empower is the component of meQuilibrium's data-driven system that customizes and optimizes individual, leadership, and team resilience-building programs. It is available as an add-on to meQuilibrium Engage.

Research shows that most executives feel their companies aren't ready to meet team agility needs, and say they need to strengthen organizational leadership.

"There is a gap in leadership training that most traditional programs don't address," said John Harrison, Senior Vice President of Customer Experience at WebMD Health Services. "meQ Empower focuses on cultivating the important and powerful habits and behaviors that are needed to not only be an effective employee but a resilient leader that helps change workplace culture, enhance engagement, and improve performance."

The meQ Empower solution features a multi-tiered curriculum that trains participants to model resilience, mentor resilient teams, and cultivate a resilient workplace. The program helps leaders align individual with corporate values, instill meaning and purpose, improve focus and motivation, and foster innovation. The meQ Empower solution is seamlessly integrated into the WebMD Health Services platform and accessed via a full suite of desktop and mobile solutions.

"A leader's engagement is contagious, and to spread it, leaders need high levels of emotional intelligence, systems thinking, empathy, and purpose. Resilience delivers all of that," said Jan Bruce, meQuilibrium CEO and Co-founder. "Our partnership with WebMD Health Services will enable even more people to learn the skills and insights that are needed to think and behave like a leader, and make a measureable impact on their organizations, while accelerating their own professional development and satisfaction."

About WebMD Health Services

WebMD Health Services has over 17 years of experience driving positive behavior changes. Consumers trust WebMD for reliable, accurate, and clear answers to their most pressing health-related questions. At WebMD Health Services, we tap into these valuable consumer insights to design and implement successful, engaging solutions to help individuals meet their well-being needs. We understand that there are numerous paths to reach well-being goals. Our expertise, combined with a variety of third-party partner integrations, enables us to deliver unique and personalized experiences across a wide range of industries. See how we support these diverse populations at webmdhealthservices.com.

WebMD Health Services is a subsidiary of WebMD Health Corp.

About WebMD Health Corp.

WebMD Health Corp., an Internet Brands company, is the leading provider of health information services,

serving consumers, physicians, healthcare professionals, employers, and health plans through our public and private online portals, mobile platforms, and health-focused publications.

The WebMD Health Network includes WebMD Health, Medscape, MedicineNet, eMedicineHealth, RxList, Medscape Education, OnHealth, and other owned WebMD sites.

About meQuilibrium

meQuilibrium is the engagement and performance solution that harnesses behavioral psychology and neuroscience to unleash your organization's full potential. By unlocking the power of resilient people and teams, your organization can navigate even the most turbulent of times. Powered by predictive meQ scores and data-driven insights, our solution uses clinically validated assessment and robust benchmarking to measure resilience and create personalized training programs that build team and employee skills. With meQuilibrium, you can equip each of your employees to discover and master skills they need to overcome any obstacle, increase agility, gain adaptive capacity, and transform your organization.

About Internet Brands

Headquartered in El Segundo, Calif., Internet Brands is a fully integrated online media and software services organization focused on four high-value vertical categories: Health, Automotive, Legal, and Home/Travel. The company's award-winning consumer websites lead their categories and serve more than 250 million monthly visitors, while a full range of web presence offerings has established deep, long-term relationships with SMB and enterprise clients. Internet Brands' powerful, proprietary operating platform provides the flexibility and scalability to fuel the company's continued growth. Internet Brands is a portfolio company of KKR and Temasek. For more information, please visit www.internetbrands.com.

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