



meQuilibrium

meQ Innovations

Innovating with Wearable  
Technology

Samuel Miller, Amrita Nair,  
Peter Boulos, and Nathan Smith

# AGENDA

---

- Value Proposition
- Resilience
- meQuilibrium
- meQ Smartwatch
- Key Considerations
- ProtoType Demonstration

What should Fortune 500 companies fear the most?

Disruption

**-Forbes Magazine**

Resilience

# Resilience

Why should you have a resilient workforce?

Engagement

30%

Higher eNPS  
(Employee Net  
Promoter Score)

Performance

47%

Less likely to miss  
at least one day  
of work per  
month

Well-Being

60%

Less likely to  
suffer burnout

# Our people don't have a problem with Resilience

60%

---

Of U.S. Employees  
are stressed most  
of the time  
**-Paychex**

33%

---

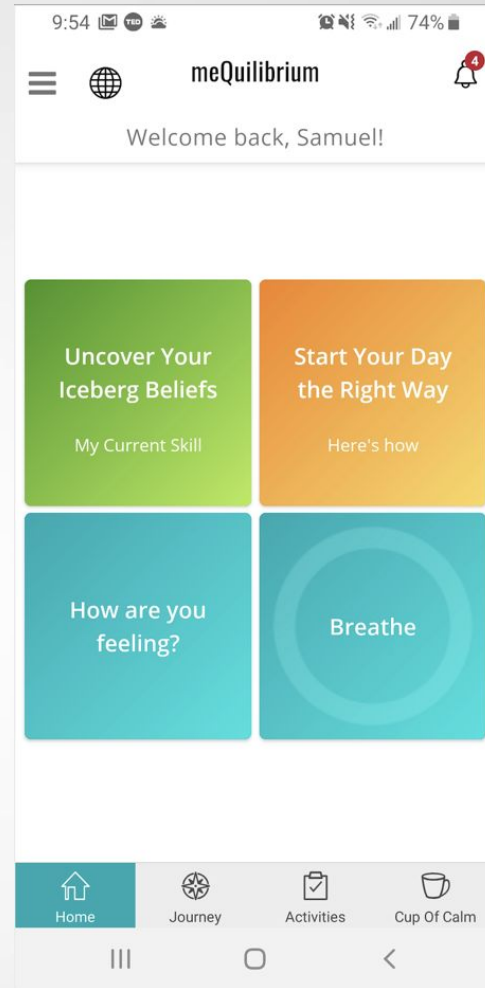
Of current core  
talent skills will  
be outdated by  
2020  
**-World Economic  
Forum**

94%

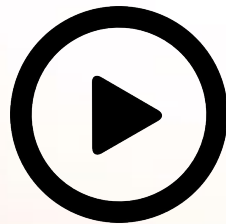
---

Of executives  
agree that  
building agility  
and collaboration  
skills are critical  
to organizations  
success  
**-Mercer**

How do I get my  
employees to be  
more Resilient?



meQ<sup>u</sup>ilibrium



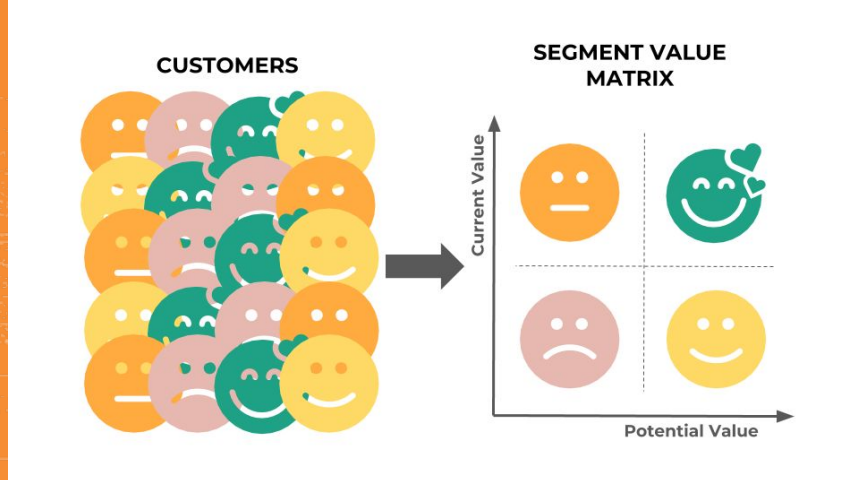
# Customer Segments and Channels

- Direct Sales

- Fortune 500 companies
- Tech, Banking, Government agencies, Military

- Partner Sales

- Health Benefit Platforms
  - Jiff
  - Mercer
  - Castlight
- Large Insurance Companies
  - Blue Cross Blue Shield



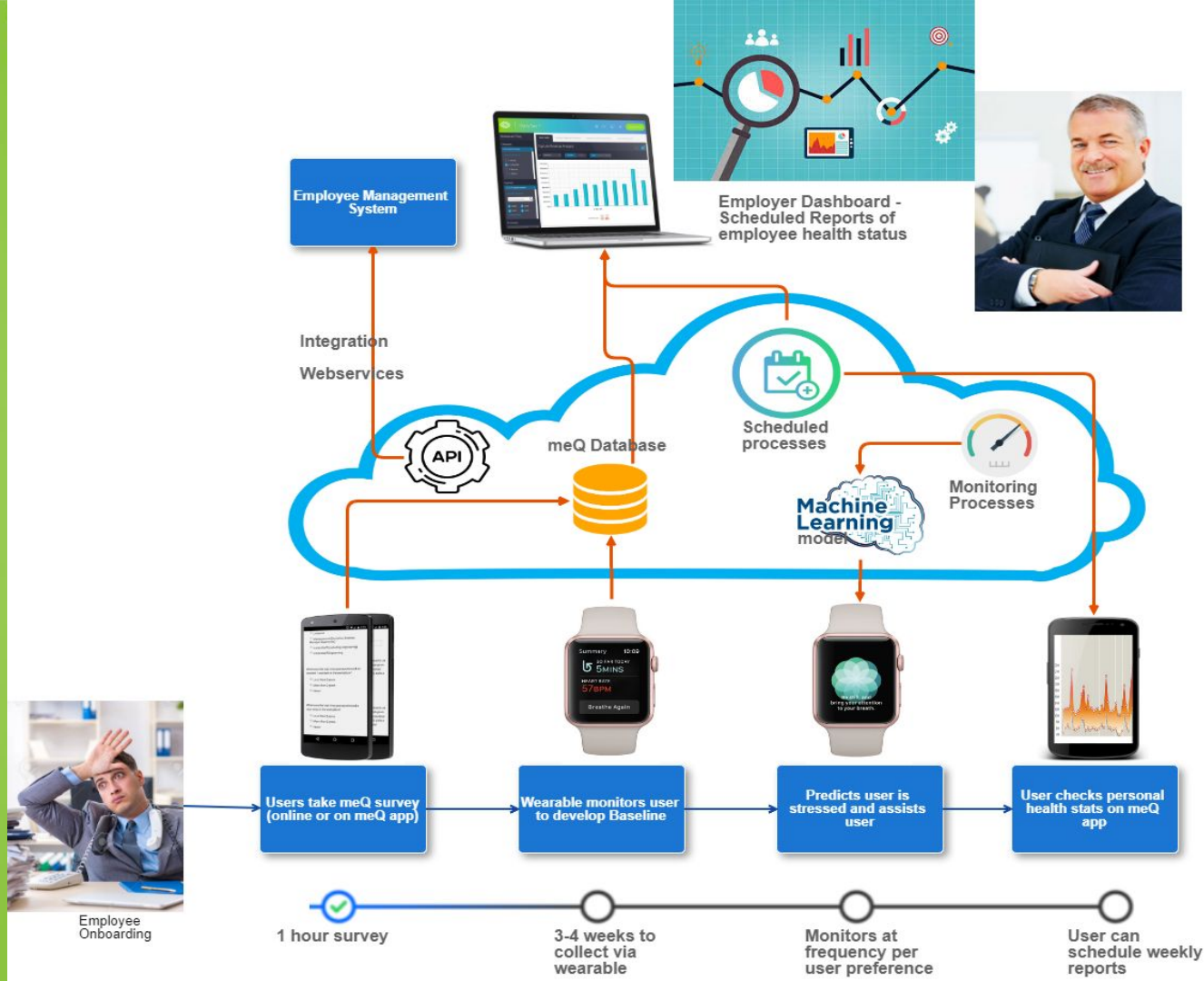


# meQ Smartwatch

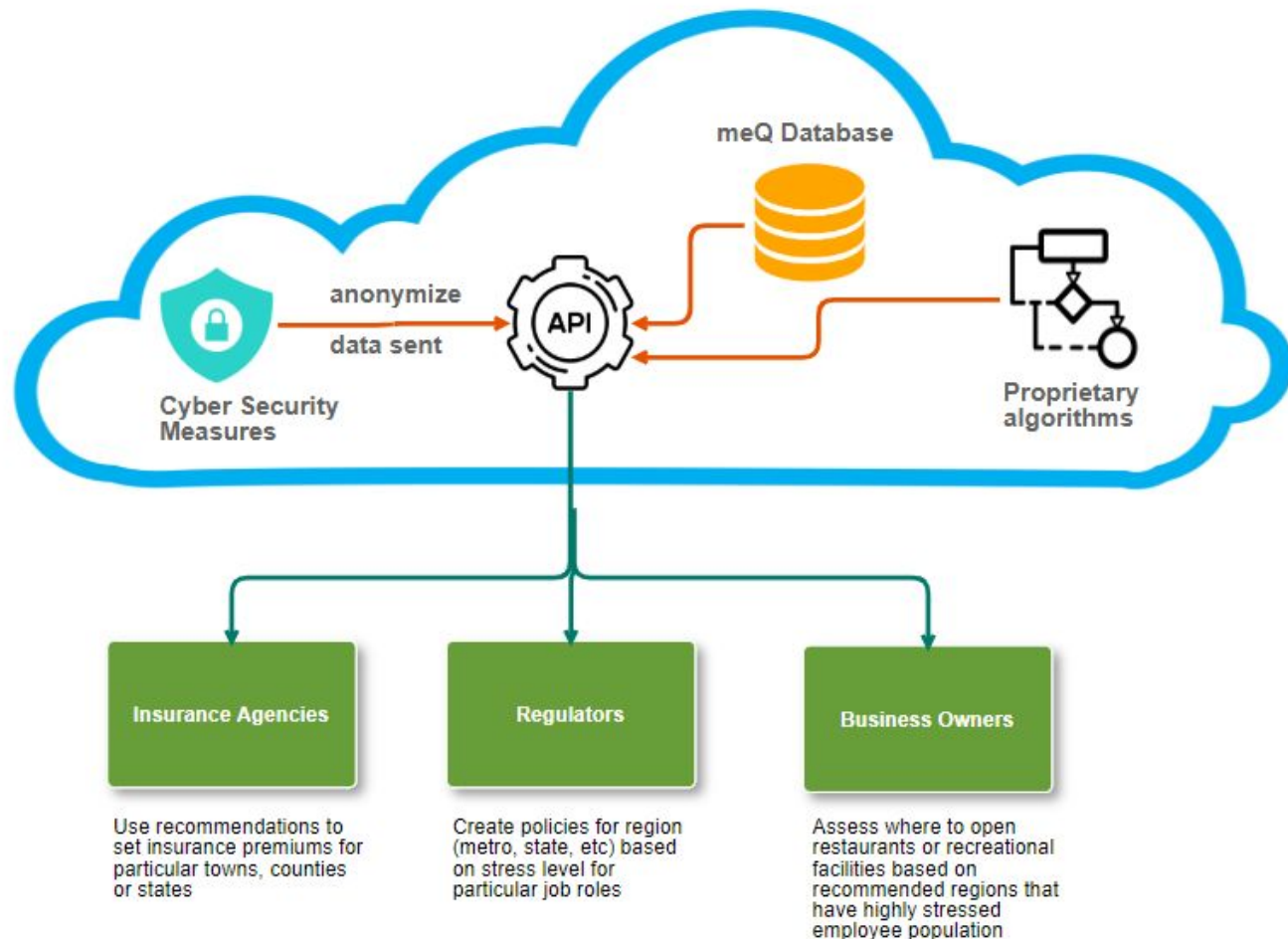


<https://pr.to/LSKESX/>

# Customer Side of meQ Platform



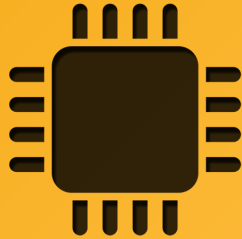
# Producer Side of meQ Platform



# Key Partners



Regulators -  
Department of  
Labor



Hardware  
Manufacturers



Academia

# Resources and Activities



Cross-functional Team



Train Customers



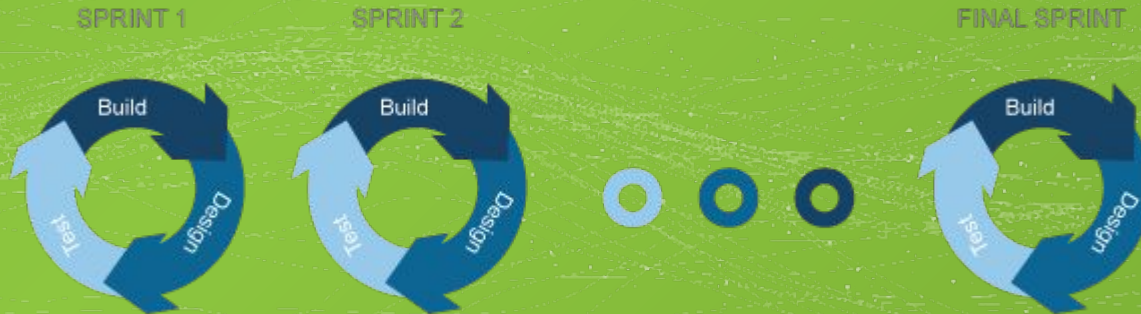
Train Producers



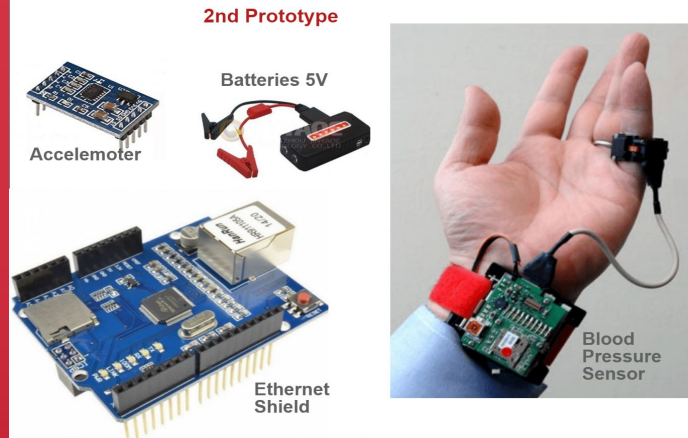
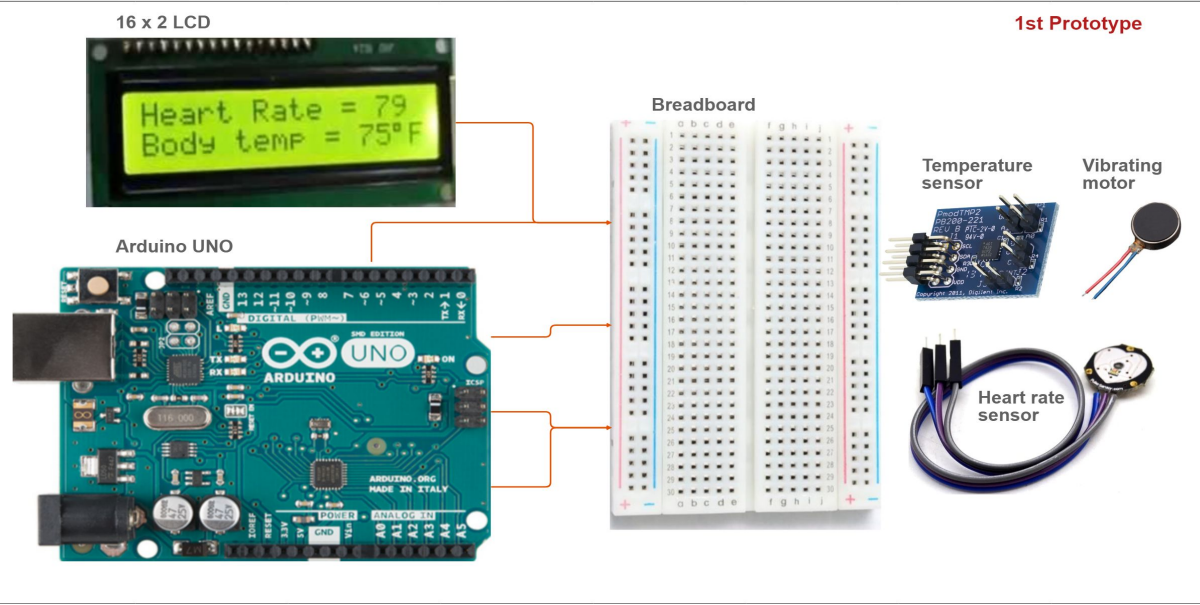
# Agile Methodology

The screenshot displays the 'meQ Wellness Monitor' project in the AgileEX tool. The interface includes a top navigation bar with the project name, a star icon, 'AgileEX Free', 'Team Visible', and user avatars. The main content area is divided into several panels:

- Product Backlog:** A list of items including 'Have wearable prompt to take mood survey', 'Integrate Wearable with iPhone app', 'Log (resting, high, low) Heart rate', 'Analyse the log for heart rate', 'Identify average heart rate', and 'Tie team data into a manager's dashboard that can be monitored with other metrics'.
- Sprint Backlog:** A list of tasks for the current sprint, including 'Proto.io setup user interface design: set up work hours, age, department, etc', 'Add ability to type into chatbot app on wireframe', and 'Add example user name to wireframe'.
- Sprint 4 - 3/6 - 3/10:** Tasks include 'Platform canvas model', 'Business Canvas model', 'C++ coded vibrating motor and integrated with LCD to display breath action - trigger temperature & Heart rate', and 'Integrate Meditation app to display on the wearable device'.
- Sprint 3 - 3/2 - 3/6:** Tasks include 'C++ Integrated heart monitor with LCD', 'C++ Coded Temperature sensor and integrated with LCD', 'Create Storyboard for onboarding of users, collecting baseline measurements and then full product functionality', and 'Proto.io wireframe according to design'.
- Sprint 2 - 2/27 to 3/2:** Tasks include 'Standup Meeting on Wednesday 3-4', 'App Prototype Wireframe', 'populate display with useful information', and 'Coded in C++: LCD and heart monitor'.
- Sprint 1 - 2/23 to 2/27:** A task 'Change color based on temperature sensor' is shown, accompanied by a screenshot of a mobile app interface.
- About:** A section describing the project as an 'Opportunity: A wellness monitor that tracks temperature, stress level and other attributes of the user. Also communicates such user details to other members of a team.' It also lists 'Product Owner: Peter | Week 1 Scrum Master: Amy' and 'Sprints every 3 days | Bi-weekly stand-ups on Wednesday and Saturday'.



# Prototype Iterations



# Implementation Timeline

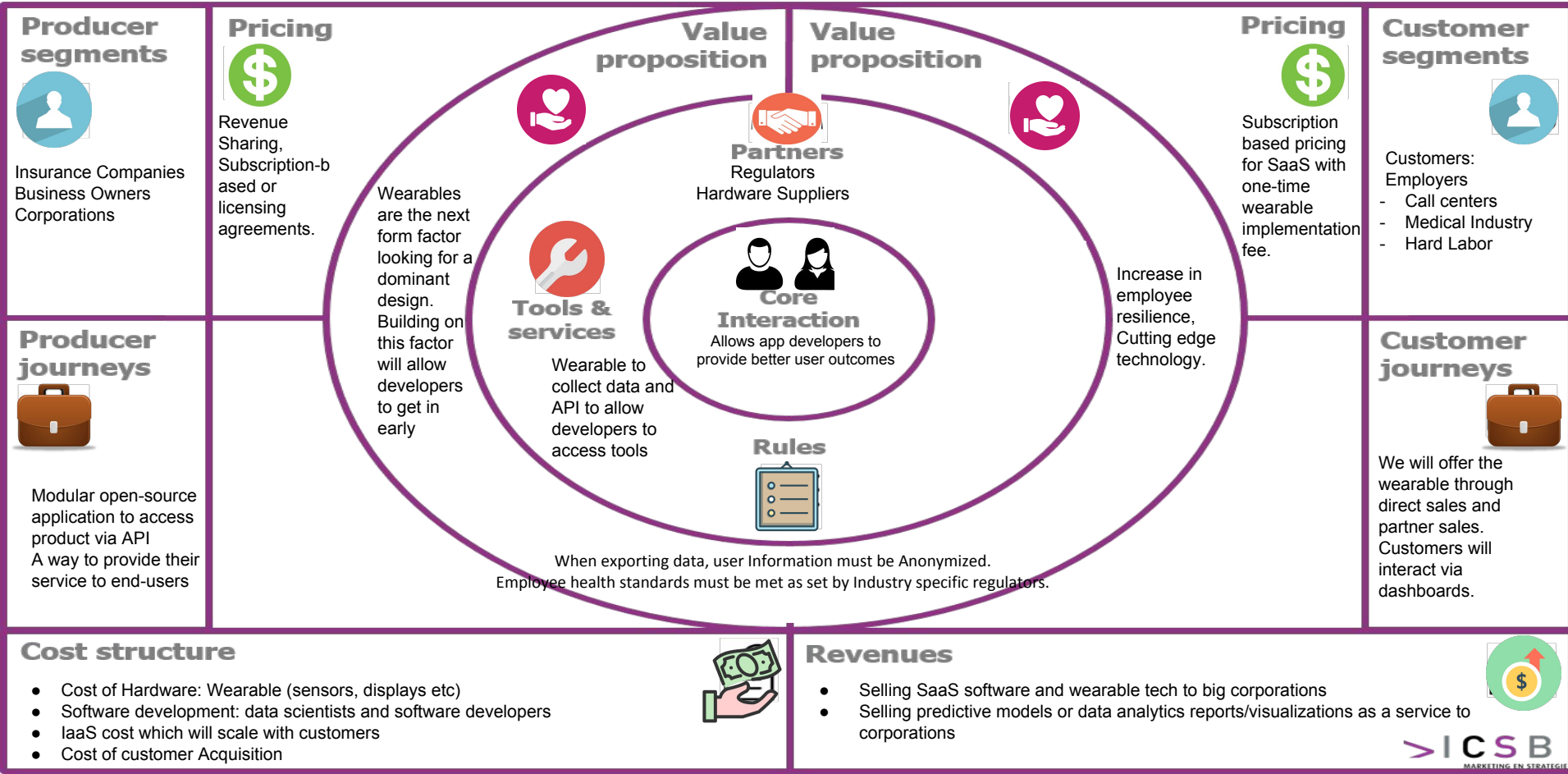


# Q&A and Feedback

meQuilibrium



# Platform Canvas Model



# Resilience Improvements Yield Strong ROI



MORE  
RESILIENCE

A 12% improvement  
yields increased  
productivity and  
savings in absence  
and turnover.

=

ELIGIBLE  
POPULATION OF  
10,000

\$710,000

ELIGIBLE  
POPULATION OF  
50,000

\$3.6 m

ELIGIBLE  
POPULATION OF  
100,000

\$7.1 m

# Advanced Health Analytics

