



meQuilibrium Communications

MeQ Website Banner – posted in June 2024

Learn about new resources to continue building resilience and caring for your mental health with no-cost therapy and coaching with [Lyra Health](#). The AT&T meQuilibrium program will be discontinued as of July 1st.

Email to ~1,400 enrolled AT&T U.S Bargained Employees on or around June 6, 2024

Subject Line: Updates about Your AT&T MeQ Program

AT&T is committed to your health and wellbeing. To better serve you and your family, AT&T is transitioning mental health and resiliency support to a comprehensive, no-cost solution through Lyra Health. Lyra Health is available now and will be replacing meQuilibrium starting July 1, 2024.

Here's what [Lyra Health](#) offers you and your family:

- No-cost therapy and coaching sessions (in-person or virtual) for you, your family and household members
- Quick access to care: Book appointments within 2 hours on average
- In-network providers across all AT&T self-insured medical plans
- [Lyra Essentials](#): Self-guided resources to build mental resilience and practice healthy habits

What about meQuilibrium?

meQuilibrium will no longer be offered starting July 1, 2024. You can access your account until then.

Looking for more wellbeing resources?

Visit your personalized benefits summary page on the [AT&T Benefits Center](#) and take full advantage of all the benefit programs and services available to support your health and wellbeing goals.



WEIGHTWATCHERS Comms

Email to XX enrolled AT&T U.S Bargained Employees on or around May 30, 2024

Subject: **Updates about Your AT&T WeightWatchers Benefits**

AT&T is committed to your health and wellbeing. We evolve our benefit offerings and make strategic changes to focus on the solutions that best serve you and your families. That's why as of July 1, 2024, you'll see some changes to your WeightWatchers coverage.

What's Changing?

We'll be ending our direct discount program with WeightWatchers, and the monthly rate will increase from \$7 to \$23, effective July 1, 2024. This new rate will automatically be applied to your July billing cycle and will be deducted from your payment information on file.

Action Required:

If you wish to discontinue your WeightWatchers service, please contact their customer service representatives at 1-800-651-6000 before your July billing cycle.

If you're interested in continuing your WeightWatchers service, no further action is needed.

Looking for more wellbeing resources?

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