



Balance FAQ

About personal information

How is my information protected?

Your personal information is anonymized and cannot be accessed.

How is my information used?

Balance is 100 per cent confidential. Any information you provide within the site is anonymized, meaning that individually-identifying information cannot be seen by anyone. Your information is only collected in aggregate form, meaning that no one can connect your answers to you as an individual. Employers may use aggregate information to gauge the health of their organization and to identify areas for improvement.

Who sees my information?

Nobody sees your information. However, your information will be collected in aggregate form, and aggregate information may be released to an employer if you are a member of a group benefit plan.

Does my employer track what I do on Balance?

No. Your employer cannot track what you do on Balance. Balance is 100 per cent confidential. Any information you provide within the site is anonymized, meaning that individually-identifying information cannot be seen by anyone. Your information is only collected in aggregate form, meaning that no one can connect your answers to you as an individual. Employers may use aggregate information to gauge the health of their organization and to identify areas for improvement.