



**Help Begins with  
a little Insight!**

With the mounting pressures surrounding the COVID-19 Pandemic, Insight EAP is offering additional support for your employees and your organization. We are providing live virtual meetings, lasting approximately 15-20 minutes to address the following:

- The stress individuals may experience associated with this National Crisis
- Tips to manage personal wellbeing
- Tips to take care of children/others
- Information, tools and resources for overall wellness, including a COVID-19 special resource section available on the [www.insighteap.com](http://www.insighteap.com) website.
- Overview of Insight EAP Benefits and Resources available to all employees and their families

### Virtual Meetings for the week of May 11th

<b>DATE</b>	<b>TIME</b>	<b>MEETING ID</b>
Thursday 5/14/2020	11:30 P.M.	78213435458

TO PARTICIPATE IN THE MEETING;

STEP 1: Download the ZOOM APP on your device (phone, tablet, or computer)

STEP 2: Select “Join ZOOM meeting”

STEP 3: Enter meeting ID

If you have any questions, or are having difficulty, please call us at 559-226-7437.

Thank you,

Insight EAP