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 website.
- Overview of Insight EAP Benefits and Resources available to all employees and their families

Virtual Meetings for the week of May 18th

DATE	TIME	MEETING ID	PASSWORD
Tuesday 5/19/2020	1:30 P.M.	789 3267 4598	8wgHkk
Wednesday 5/20/2020	11:30 A.M.	711 6917 0473	1pTFQ1

TUESDAY MAY 19TH, 2020

Join Zoom Meeting

https://us04web.zoom.us/j/78932674598?pwd=Sk9tcytqZkNuRHZJTndJOWZvRVdsdz09

WEDNDESDAY MAY 20TH, 2020

Join Zoom Meeting

https://us04web.zoom.us/j/71169170473?pwd=bTMzY3ZNWHFYZ0ZlVXJJM0RtVWNHQT09

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