



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

Virtual Meetings for the week of April 20th

DATE	TIME	MEETING ID
Monday 4/20/2020	12:00 P.M.	784-2538-4542
Wednesday 4/22/2020	12:30 P.M.	713-0295-4813
Friday 4/24/2020	9:30 A.M.	781-1754-6783

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