Critical PCOC Insurance Program Update
Week Ending 05/22/20

Dear PCOC Insurance Program Insureds:

Are you as tired as we are of hearing about COVID everywhere you turn? We have a solution.

We turned our update into a weekly overall PCOC Insurance Program Update. Through it we share various issues impacting you while keeping you updated on important COVID related matters.

Here You Go:

**Insurance Commissioner Extends Payment Grace Period**

Last week the CA Insurance Commissioner extended the grace period for insurance premium payments due the disruption caused by the pandemic. The grace period is extended to July 14, 2020. Please let your EPIC Brokers Representatives know if you need to delay payments. We are here to help you.

**Are you getting Video Conference Burnout?**

Whether Zoom, Skype, GoTo Meeting or another popular video conferencing technology, employees across America are suddenly plunged into the world of virtual meetings. Side effect? Video conference fatigue.

Here are some tips to help you avoid this fatigue:

**Set your app on speaker mode.** Most video conferencing apps have a presenter view and a gallery view. In the latter, viewers see everyone on the call. This kind of stimuli overwhelsms the brain, leads to eye strain and tires the viewer. The result at the end of a day or week of video calls is fatigue. Keeping the view set to the speaker view helps reduce strain on the brain and body.

**Look away every twenty minutes.** Boston University recommend following the 20/20/20 rule of looking away from the computer screen every twenty minutes at something twenty feet away for twenty seconds. Staring at a computer screen all day is tiring, particularly on the eyes. This tactic provides necessary eye relief.

**Turn the camera off, when possible.** There’s a surprising amount of emotional stress that accompanies video conferences. Body language is hard to read on a video call, particularly with multiple participants. Consider allowing attendees to participate with screens off at certain times to avoid overstraining participants.
**Prepare for video meetings**. Take a few minutes before a video conference starts to review the purpose of the meeting and its take-aways. Identify what needs to be accomplished beforehand.

**Limit video calls to necessary meetings**. With the additional stresses involved in video conferencing, meeting planners should try to limit video chats to only those essential for the medium. Consider when a call or even chat through an app like Slack would suffice.

**Additional resources:**
Please visit [https://epicbrokers.com/coronavirus/](https://epicbrokers.com/coronavirus/) for all the latest information including on demand webinars to help you navigate these unprecedented times.

Sincerely,

Your EPIC Brokers Pest Control Team