



Teams Live cancelled and an information session recording for your company

The Teams Live information session on the Covid-19 pandemic, scheduled for 2 p.m. today, has been cancelled due to continuing technical problems in the service. Instead, we made a new recording on 19 March of the current status update. You can watch the new recording and the recording on 17 March via the links below.

We will also update the “Frequently Asked Questions” section in English on our [website](#) beginning of the next week. The website also includes updates sent by e-mail to our corporate customers.

Please remember that you can send us general questions by email about the Covid-19 virus, protecting your personnel and Mehiläinen services during the epidemic, to yrityspaattajat@mehilainen.fi.

We recommend consulting your occupational health physician if you have any questions concerning your work and personnel.

COVID-19 information session recording, Thursday 19 March 2020

COVID-19 Recording, Tuesday 17 March 2020

Support in coping for you and your employees

News about the coronavirus epidemic causes concern and frightens many of us. Previous similar situations, including the spread of the SARS virus in 2003, increased the occurrence of, for example, symptoms of depression and anxiety, panic attacks and mental stress (source: MIELI Mental Health Finland).

In exceptional situations, it is important to take care of yourself and your employees to help with coping. We wish to remind you that Mehiläinen Working Life Services provides support for your company in all matters relating to work ability and coping.

All occupational health care customers who have downloaded the OmaMehiläinen app have free access to video libraries produced by [LifeClass](#), which include varied video content and instructions to support mental wellbeing, wellbeing in the work community and help with depression (in Finnish). The video library is available on the front page of the OmaMehiläinen app, in the bottom app bar of the More tab.

You can also contact your company’s contact person or browse [our website](#) for information and instructions.

If your employee has a non-urgent concern or illness not related to the coronavirus, we recommend using not only the appoint booking but also the contact request through the OmaMehiläinen web service or app on the Occupational health care tab.

Communications to Mehiläinen's corporate and private customers during the COVID-19 epidemic

During the coronavirus epidemic, we will send service messages by email to both corporate and private customers whenever the need arises. These messages will include important information about the COVID-19 epidemic, information about overloaded appointment booking channels, access to treatment and instructions to mitigate the spread of the virus.

Please note that an employee of your company can also be a private customer of Mehiläinen and receive related messages. Moreover, please note that it is possible that not all employees have submitted their email information to Mehiläinen or authorised service messages and therefore they may not receive all messages sent by us.

Should anyone wish to cancel marketing and/or service messages, this can be done in the OmaMehiläinen app in "More" and "My information".

We cooperate with the authorities to ensure the health of our customers. It is our wish that everyone stays safe and our intention to support you in any occupational health matters during this challenging situation.

Thank you for your understanding and cooperation in these exceptional times!

**Kind regards,
Mehiläinen Working Life Services**

*this is a service message to our corporate customers
