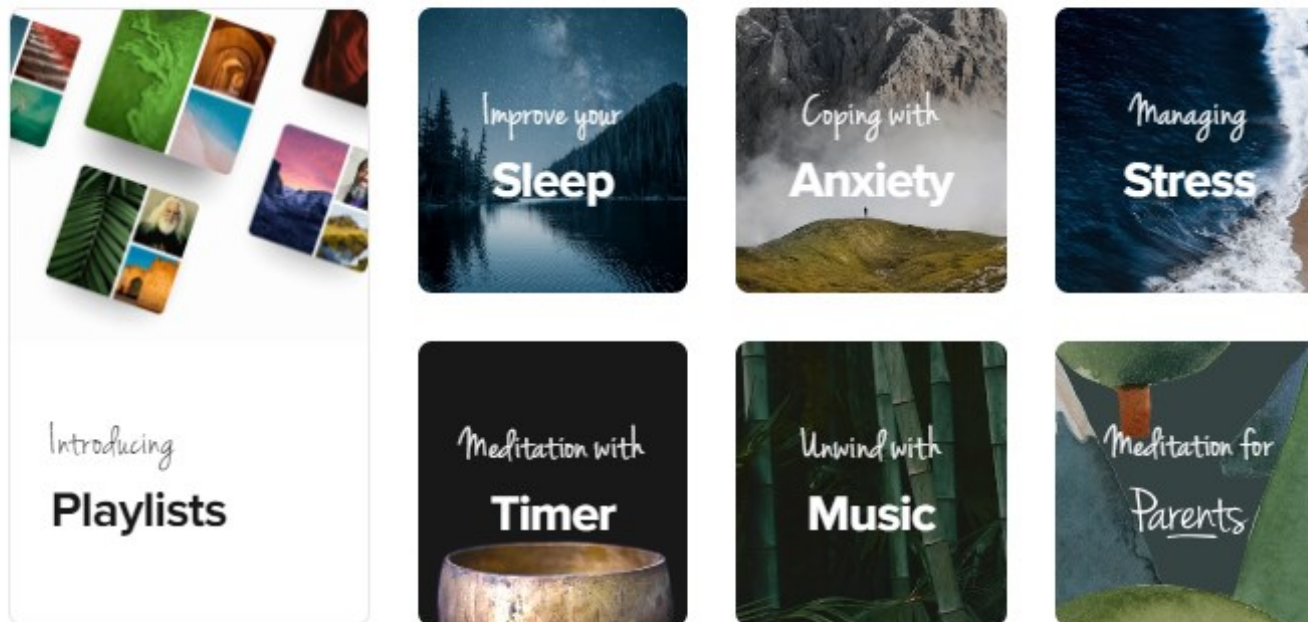


#1 *free* app for sleep, anxiety  
and stress.

**FREE PREMIUM ACCESS**  
for City of Norfolk, NPS  
& NRHA employees!



# Insight Timer



## FOR APP USE FOLLOW THESE EASY STEPS.

### Get Started

Follow these steps to  
join your workplace  
on **Insight Timer**

1

Scan the QR code  
to download the  
**Insight Timer** App



2

Create an account  
with your work  
email address

3

Click the Work button in  
the top right corner of the  
home screen to join your  
workplace.

## FOR WEB USE FOLLOW THESE EASY STEPS:

Go to [www.insighttimer.com](http://www.insighttimer.com)

1. Click **Get Started** to create your free account
2. Enter your workplace email address and follow the prompts to verify your account