



**5TH THURSDAY
CHECK-IN**



5th Thursday Check-in

Greetings, IntegrITS Family! We still have a few weeks left of summer, but if you're like us, you can feel the season shifting already. Schools are getting back in session, the streets seem busier, and many of our daily routines will change as the summer season comes to an end. September is a great time to pause and reset before the fall hits and brings the busy holiday season. We've gathered a few tips that might help you rest and prepare to reset for fall. But first, we'll begin with some IntegrITS Trivia!!

IntegrITS Trivia

On the next page, you will find three trivia questions related to what we've shared in recent editions of *The IntegrITS Digest*. **The first eight people to respond with correct answers to all three questions will win a \$25 gift card.** This time around, we will be using a gift card service that will allow you to choose from hundreds of stores—so essentially, it will be a \$25 gift card to the store of your choice!

Email your trivia answers to news@integrits.com.

(NOTE: The gift cards will be sent to winners via email. We will simply reply to the email address you used to submit your answers, unless you indicate another preferred email address along with your response. If you do not receive a response from us, that means your answer is incorrect or we've unfortunately already awarded the 8 gift cards.)

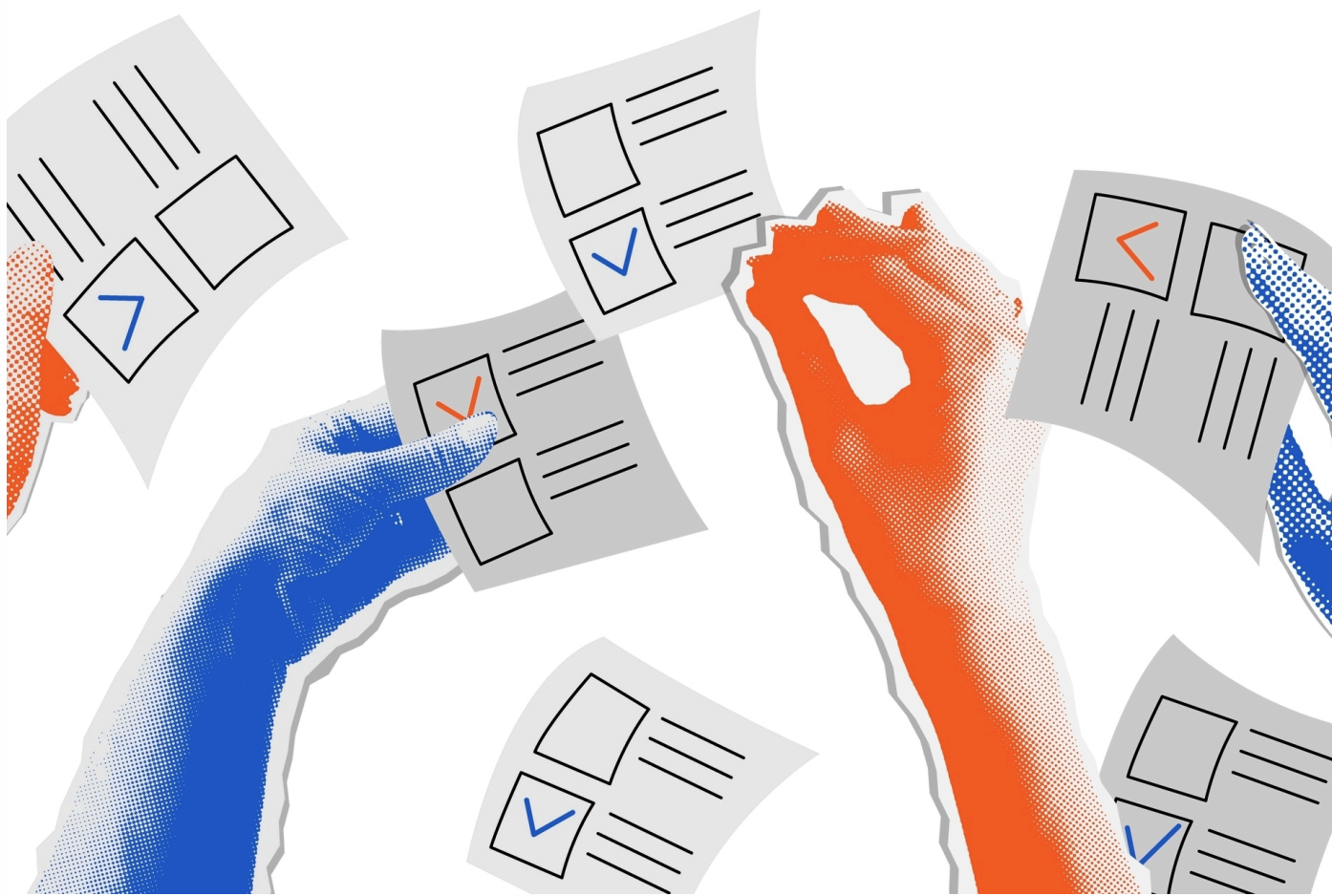
You can find an archive of all our newsletters [here](#).



Question #1

This quarter, we provided a list of four mid-year reminders.

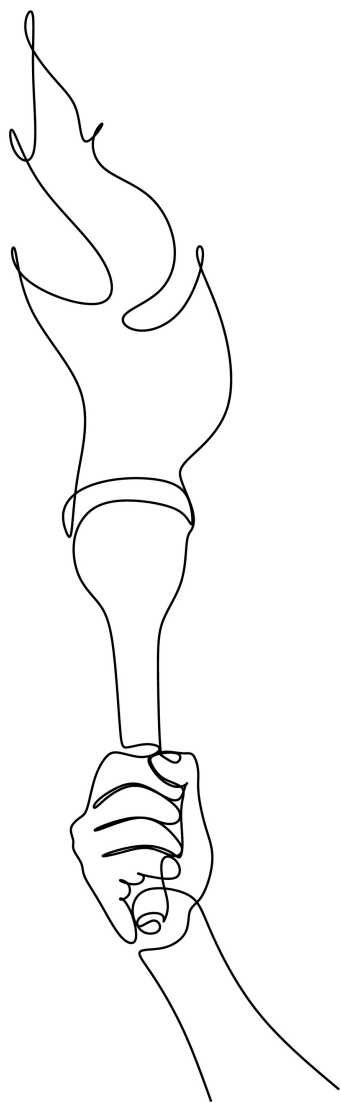
What was the mid-year reminder that stood out to you the most?



Question #2

In a recent edition of The CEO's Corner, Mr. Carter shared several principles for us to keep in mind as we navigate the election season.

Name one of these principles.



Question #3

Fill in the blank:

The motto of the Olympic games is: "Citius, Altius, Fortius – Communiter," Latin for "Faster, Higher, Stronger – _____."

Tips for September

Book Your PTO.

Sometimes the cure for a busy season is knowing you have a break on the horizon. We all need time to rest, have fun, and not think about work. We encourage you to look at the remaining months in the year, find time(s) to use your PTO, and work with your supervisor to get those days approved and scheduled.

Schedule a no-cost counseling session.

As you seek rest and a reset, it may be helpful to share your thoughts, ideas, and feelings in a safe space like counseling. Through our IntegrITS benefits, we have access to the Insperity Employee Assistance Program (EAP) which provides three no-cost sessions with a behavioral health counselor per year. [Click here](#) to learn more and schedule your first session!

Participate in National Self-Improvement Month.

Did you know that September is National Self-Improvement Month? This is a great time to think about how we might want to grow professionally and personally during the remaining months of the year. Don't forget about the resources we have available to us through our benefits like the [Insperity Training Portal](#) and [Wellbeing](#) resources.

Prepare something delicious.

It may still be warm outside in September, but that doesn't mean we can't partake in a little fall comfort food. Here are a couple ideas:

Tortilla Soup ([Click here](#) for recipe.)

Homemade Pumpkin Spice Blend ([Click here](#) for recipe.)





★ ★ ★ ★ ★
HAPPY
LABOR
DAY

Tip of the Week

If you're looking to purchase items in any of the categories listed below, Labor Day sales might be the perfect time to buy! [Click here](#) to read an article that shares more about the retailers offering sales in these areas.

Labor Day Sales Categories:

Clothing
Mattresses
Grills
Major appliances
Patio furniture
Travel deals



The IntegrITS Suggestion Box

We have created a space online where you can submit feedback, questions, or any other insight you have. Suggestion box entries are submitted anonymously, however, if you would like our Team to reach out to you individually, you can include your name and contact information. [Click here to visit The IntegrITS Suggestion Box.](#)



Coming Soon

Join us next week for another message from Mr. Carter in The CEO's Corner.

Employee Referral Bonus Program

At the end of each quarter, everyone who refers a prospective employee who makes it to the interview process will be entered into a raffle for a \$500 gift card. We will select two winners from this pool of contestants—meaning two people have the chance to win a \$500 gift card each quarter! Furthermore, we will enter all employees who refer a job applicant into another raffle (regardless of the stage they make it to in the hiring process), with the winner receiving a \$250 gift card.

We have a number of job openings across multiple IntegrITS locations ([IntegrITS Opportunity Central](#)). Let's work together to find the best candidates for these open positions!

Comments / Questions

If you have any comments or questions about this week's newsletter, email us at news@integrits.com.

We have also created a website where we are storing the archives of all our newsletters to date:
<https://integrits.com/digest-archives/>.



Copyright © 2024 Integrits Corporation, All rights reserved.
You are receiving this email because you are one of our incredible IntegrITS Employees, or you are an extended member of the IntegrITS Family.

Our mailing address is:
Integrits Corporation
5205 Kearny Villa Way Ste 200
San Diego, CA 92123-1420