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## Welcome to this week's edition of *The IntegrITS Weekly Digest*.

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Believe it or not, we are well into the second half of 2022! For many of you, it has been a busy, whirlwind of a year so far. For others, it may not have been as hectic. However, we all can agree that there are certain things that fall off our radar as we address life's urgencies and central responsibilities. In reading today's Digest, we hope you are able to pause and consider a few important resources that are often put on the backburner in the urgency of everyday life.

Are you reading this newsletter while wearing glasses that are three years old? Have you been avoiding that one sensitive tooth when you eat? We've all been there. Let this week's Digest be the encouragement you need to **use your benefits.**

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# Preventative Care

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Preventative care is especially easy to forget in the hustle and bustle of day-to-day life. However, it is critical to our long-term health, and we encourage you to take advantage of the preventative care available to you through our IntegrITS benefits program.

One of the barriers to preventative care is scheduling, and we understand that booking appointments with some providers must be done months in advance. The busy holiday season will also be here before we know it. That being said, if you haven't done so already, now is the perfect time to reach out to your providers to schedule your annual exams before the year is over.

Here are three key annual exams that you should consider scheduling, if you haven't done so already this year:

1. Annual Physical
2. Dental Exam/Cleaning
3. Vision Exam

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## Flexible Spending Account (FSA) Balance

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If you have enrolled in our FSA Plan, now is a great time to check your FSA balance and chart out how you plan to spend it by the end of the year. In 2020 and 2021, the IRS' COVID Relief guidance allowed FSA balances to rollover to the following year. However, as the IRS guidance stands now, there will be no balance rollover into 2023.

We don't want the funds you have set aside to go to waste, and there are resources like the FSA Store that make it easy to purchase FSA-approved items. If you [use this link](#), you can also earn Insperity MarketPlace WOWPoints on purchases made in the FSA Store.

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### Tip of the Week

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As many of you prepare for the new school year to commence, don't forget about the Back to School deals you can find on the Insperity MarketPlace. You can even view deals specific to the "Back to School" category [here](#).

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### Coming Soon: *Team Spotlight*

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Join us next week as we highlight another one of our incredible IntegrITS Teams!

## Comments/Questions?

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If you have any comments or questions about this week's newsletter, email us at [news@integrits.com](mailto: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/>.

Have an incredible week, and we'll see you next Thursday!

Warmest Regards,  
The IntegrITS Weekly Digest

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