



## The IntegrITS Weekly Digest



**DON'T  
FORGET!**

A white speech bubble with a black outline and a drop shadow, containing the text 'DON'T FORGET!' in bold black capital letters. It is positioned on a yellow rectangular background.

**Did You  
Know?**

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

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Greetings, IntegrITS Family! The final quarter of 2022 is off and running, and we thought it might be helpful to recap important reminders that we shared during Q3 related to benefits. Today, we also remind you of our IntegrITS Climate Survey that will launch next week.

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## Don't Forget to Use Your Benefits

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## Preventative Care



"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."

*-The IntegrITS Weekly Digest | August 11, 2022*

In August, we reminded you of the importance of preventative care, and we encouraged you to schedule your annual exams before the year ends. If you haven't done so already, there is still time!

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)

If you have enrolled in our Flexible Spending Account (FSA) plan, now is a

great time to check your balance and ensure that you are on track to spend all of the funds you set aside by the end of the year. If applicable, be sure to check on your Dependent Care Accounts as well. Remember, as IRS guidance stands now, there will be no balance rollover into 2023.

For the 2022 FSA plan year, funds must be used by 12/31/22 to avoid losing the funds. Employees have until March 31, 2023, to submit a request with UnitedHealthcare for reimbursement of eligible health care expenses incurred by 12/31/22 that were paid out of pocket.

"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."

*-The IntegrITS Weekly Digest | August 11, 2022*

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## **IntegrITS Climate Survey 2022**

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In last week's CEO's Corner, Mr. Carter announced that we have partnered with Insperity to facilitate an IntegrITS Climate Survey. This survey will be sent to all Employees and the results will provide important information and data to

the IntegrITS Leadership Team regarding your assessment of corporate communication, benefits, and Company culture.

**On Tuesday, October 18th**, we will launch the survey and begin gathering valuable feedback from all employees using an online survey tool. A survey link will be sent to your work e-mail address, so please be sure to look out for the invitation.

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## Tip of the Week

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Trick-or-treating doesn't have to be limited to knocking on your neighbor's door. Restaurants often provide free or discounted meals for patrons dressed up in a Halloween costume on October 31st.

As we get closer to the end of the month, do a quick Google search for "free food on Halloween" (or something similar) to see if any restaurants in your area are participating.

Krispy Kreme has already announced that they are giving out free donuts to people in costume, and Chipotle is serving \$6 entrees to their rewards members who show up in costume.

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## Coming Soon: *Team Spotlight*

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Join us next week as we spotlight 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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You are receiving this email because you are one of our incredible IntegrITS employees.

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