



Fringe Benefit Plans, Inc.  
Since 1969

March 2018

## COMPLIANCE CORNER



### New EEO-1 Report Submission Deadline

HR professionals had a break last year from completing an EEO-1 report. Though the pay data reporting has been suspended, covered employers must submit their 2017 EEO-1 reports ***no later than March 31st.***

For more information visit: <https://www.eeoc.gov/>

## COMMUNICATING WELLNESS

### March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

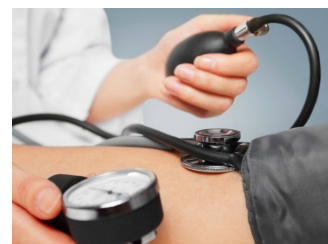


For games, videos and 36 ways to get involved click [HERE](#)

## CONSULTING

### Wellness Programs

Many of your employees pay for medical, dental and vision benefits, but the truth is that most never take advantage of free annual physicals, dental cleaning and eye exams. Excuses are often time and convenience. It is always recommended that employees use their primary care physician and personal health care providers whenever possible. But... if your company wants to offer onsite annual physicals we may be able to help! For more information contact Doug Foreman at our office [doug@fbplans.com](mailto:doug@fbplans.com)



## COMMUNITY SERVICE



What about CPR Training? Want to provide a service to your employees that has the real potential to actually save a life? Courses are available that meet OSHA/workplace requirements and training certificates remain valid for 2 years. Some courses include an online instruction to reduce the actual onsite training time. Training and volunteer opportunities are available through the

American Red Cross.

The Orlando site is 5 N. Bumby Avenue, Orlando 32803 / (407) 894-4141 or visit [THIS SITE](#)

## CEO CORNER

St. Patrick's Day occurs annually on March 17 in observance of the death of St. Patrick, the patron saint of Ireland. What began as a religious feast day in the 17th century has evolved into a variety of festivals across the globe celebrating Irish culture with parades, special foods, music, dancing, and a whole lot of green. Wishing you lots of "green" in your pockets!

Doug Foreman



***"May your troubles be less & your blessings be more and nothing but happiness come through your door"- Irish Blessing***

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***Give us a call today!  
(407) 862-5900***

We are committed to serving and supporting your Employee Benefits program.

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