



## Meet The Principal® 10 Best Companies

# LMI

McLean, Va.

<b>Type of business:</b> A not-for-profit government consulting firm		
<b>Number of employees:</b> 750	<b>Founded:</b> 1961	<b>Web site:</b> <a href="http://www.lmi.org">www.lmi.org</a>

### Benefit highlights:

- 80 percent employer-paid medical insurance premiums for employees and dependents
- 403(b) plan with an employer match of 100 percent up to 3 percent of pay deferred; average employee deferral of 10 percent
- Money purchase plan with a 9 percent non-matching contribution
- 457(b) plan, average employee deferral of 9 percent
- 100 percent employer-paid premiums for short-term disability insurance
- Flexible Spending Account, company contributes \$500 per employee

### Percent of employees participating in 401(k) plan:

86 percent

### How they've dealt with rising medical insurance costs:

The company experienced a slight decrease in healthcare costs in 2006. "I hope part of that savings comes from education of the workforce. We hold a health fair each year to make sure our people get important health screenings and health information," explains Marie Schram, director of Human Resources, LMI.

### Other interesting facts:

- Extensive wellness program includes an annual health screening and onsite exercise facility
- Offers medical and prescription drug coverage for retirees



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