## Midsize Employers

(100 to 249 U.S. employees)

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<th>Rank</th>
<th>2018 Rank</th>
<th>Name</th>
<th>Headquarters</th>
<th>Industry</th>
<th>Total U.S. employees*</th>
<th>Total Virginia employees*</th>
<th>% Male</th>
<th>% Female</th>
<th>Paid holidays</th>
<th>Fun activities to relieve stress</th>
<th>Telecommuting options</th>
<th>Formal diversity training</th>
<th>Flexible spending accounts</th>
<th>Profit-sharing programs</th>
<th>Paid community service leave</th>
<th>Bonus or incentive programs</th>
<th>401(k)</th>
<th>Employee stock options</th>
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</table>

N/A: Not applicable  
* At the time the surveys were conducted.  
Source: Best Companies Group