



HREXPRESS

June 2018

Risk & Benefits Management

Organizational Performance

Employment Services

The “HRExpress” monthly newsletter arrives by email from DAS - Human Resources Enterprise, and is your main source for information about benefits, training opportunities and more. Just click on the links below to read the full articles or print out a copy using the link at the bottom of this page.

In this issue of "HRExpress" ...

- [Your Benefits: Learn More](#) Take advantage of these educational opportunities in June and July to help make the most of your State of Iowa benefits.
- [IPERS' "Ready, Set, Retire" Workshops Scheduled](#) If you are thinking about retiring in three to five years, you should attend one of the free all-day IPERS' "Ready, Set, Retire" workshops offered throughout the year.
- [Coverage For Health Care While You Travel](#) When you leave for that family vacation this summer, make sure you understand how your health benefits work while you're on the road.
- [Retirement Investors' Club \(RIC\) Updates](#) Learn about automatic Roth investing and get updates on retirement savings programs offered through RIC.
- [Capitol Complex Events Offer Fresh Food, Fun, and Fitness This Summer](#) If you're in the neighborhood, take part in these special events throughout the summer months.
- [DAS Honored For Efforts to Promote Safety](#) DAS was recently recognized by the Iowa-Illinois Safety Council for efforts to promote workplace safety.

- [Employee Assistance Program \(EAP\) Offers Monthly On-Demand Seminars](#) Valuable new topics are added monthly, so check back often to learn more.
- [Update Your Skills With PDS Training](#) Performance & Development Solutions (PDS) offers educational programs to help State of Iowa employees enhance their knowledge and skills. View the June and July class listings and registration instructions to learn more.