



# HREXPRESS

June 2018

Risk & Benefits Management

Organizational Performance

Employment Services

The "HRExpress" newsletter arrives monthly by email from DAS - Human Resources Enterprise and is your main source for updates and news 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"

### Group Insurance

- [Access to Health Care While Traveling Outside the Country](#)  
When you are traveling outside the U.S. and need a doctor, hospital, or other health care professional, your claim will be handled just as it is at home when you show your Wellmark ID card at participating BlueCard Worldwide providers.

### Health and Well-Being

- [Capitol Complex Events Offer Fresh Food, Fun, and Fitness This Summer](#)  
If you're in the neighborhood, take part in these special events on the Capitol Complex through the summer months.
- [Connect To Local Deals Through PerksConnect](#)  
Save at thousands of retailers in your neighborhood and around the country with local and national discounts offered through the State of Iowa's Employee Discount Program.
- [June is Men's Health Month](#)  
Men's Health Month was created by the U.S. Congress in 1994 to boost awareness of men's health and ways to improve it.
- [Employee Assistance Program \(EAP\) Offers Monthly On-Demand Seminars](#)  
Valuable new topics are added monthly, so check back often.

### Retirement Savings

- [IPERS Offers Ready, Set, Retire Workshops](#)  
If you are considering retirement in the next three to five years, you should attend the IPERS "Ready, Set, Retire" workshop.
- [Retirement Investors' Club \(RIC\) Provider Update](#)  
Get up-to-date information from your RIC provider to help you meet your retirement income needs.

## DAS Education

- [Benefit Education Presentations: Register Now!](#)

Be sure to take advantage of these web-based educational opportunities and help make the most of your State of Iowa benefits.