



HREXPRESS

September 2019

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.

Click on the article titles below to read the individual stories or print out a full copy of the newsletter using the link at the bottom of this page.

In this issue of “HRExpress”

Group Insurance

- [Mark Your Calendar for the 2020 Enrollment and Change Period](#)
The 2020 Enrollment and Change period runs from September 30-October 29, 2019. This is your opportunity to review your health care options, dental care, supplemental life insurance coverage, and to decide whether you want to contribute to a Health Care or Dependent Care Flexible Spending Account (FSA), or both, in 2020.

Health and Well-Being

- [Make An Impact With Your Participation in the State’s One Gift Campaign](#)
The State of Iowa’s annual One Gift Campaign runs from September 3-27, 2019, offering State of Iowa employees the opportunity to donate to their choice of more than 400 charitable agencies through payroll deduction. Consider making a donation today.
- [Online Wellness Seminars Through EAP Tackle Everyday Topics and Challenges](#)
Valuable new topics are added monthly, so check back often.

Retirement Savings

- [Are You Enrolled in Retirement Investors’ Club \(RIC\)?](#)
The Retirement Investors’ Club (RIC) provides State of Iowa employees the opportunity to enroll and save toward retirement through payroll deduction and matching funds.

DAS Education

- [Make the Most of Your Employee Benefits: Register Now!](#)
Be sure to take advantage of these web-based educational opportunities to better understand and use your State of Iowa benefits.

- [Keep Your Career Skills Up To Date - Check Out the PDS Training Schedule](#)

Keeping your skills up to date in the workplace is important for your personal and professional growth. Check out the State of Iowa Performance & Development Solutions (PDS) seminars and programs for State employees.

Please feel free to print a copy of [this month's newsletter](#) to share with co-workers.

"HRExpress" is a publication for State of Iowa employees.

Disclaimer: This newsletter is for informational purposes only and is not a plan document, nor is it legal, medical, financial, or retirement advice. Consult a qualified professional before making any decisions on these matters.

If you have questions or suggestions for future content, please contact us at hrexpress@iowa.gov