

HREXPRESS

November 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"

State of Iowa Insurance

- [Supplemental Life Insurance and Evidence of Insurability](#)

If you opted to increase your supplemental life insurance during the 2020 Enrollment and Change period, you need to provide Evidence of Insurability (EOI) to The Standard by December 28, 2019.

Health and Well-Being

- [November is Diabetes Awareness Month](#)

Diabetes is one of the leading causes of death and disability in the United States today. Learn more about risk factors, diagnosis, and self-care techniques to better assure your health and well-being.

- [Online EAP Wellness Seminars 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.

- [Go Paperless; Go GREEN](#)

Retirement Investors' Club (RIC) providers offer the option for participants to receive quarterly account statements electronically. If you are tired of paper statements stacking up, consider the convenience of switching to e-delivery.

- [News from Your Retirement Investors' Club \(RIC\) Providers](#)

Read the latest news from your RIC providers to assist with retirement income planning and investment strategies.

DAS Education

- [IPERS' "Ready, Set, Retire" Workshops](#)

Considering retirement in the next three to five years? Attend a free IPERS "Ready, Set, Retire" workshop, designed to provide you with a broad range of retirement-related information.

- **[Make the Most of Your Employee Benefits: Register Now!](#)**

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 Today](#)**

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 [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, or 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