

HREXPRESS

December 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

- [Save Money With Blue365](#)

Get money-saving deals on health-related products and services with this valuable Wellmark program.

Health and Well-Being

- [Voluntary Vision Insurance Open Enrollment Begins in January](#)

Sign up for vision insurance through the Automatic Payroll Deduction (APD) program during the open enrollment period beginning January 1.

- [Online Health and Well-Being Resource Seminars Tackle Everyday Topics and Challenges](#)

Valuable new topics are added monthly, so check back often.

Financial Fitness

- [Conquering Student Loan Debt](#)

Join in on a special webcast December 19 designed for State employees looking for strategies to manage student loan debt.

- [Saving for Future Education Expenses](#)

Learn more about how the College Savings Iowa 529 plan can help with future education expenses for you and your loved ones.

Retirement Savings

- [Are You Saving Enough?](#)

Is your retirement savings on track? Learn about how IPERS fits into the mix.

- [Internal Revenue Service \(IRS\) 457 Limits Increase for 2020](#)

The IRS has raised the limits for 457 contributions in 2020. See how this may affect your retirement savings.

- [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

- [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 a copy of this month's newsletter to share with co-workers.

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

This newsletter is for informational purposes only and is not a plan document, nor is it intended for 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