



HREXPRESS

March 2020

Risk & Benefits Management

Organizational Performance

Employment Services

The HRExpress newsletter arrives monthly by email from the DAS Human Resources Enterprise (DAS-HRE) and is your main source for updates and news about benefits, training opportunities, and more.

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

In this issue of *HRExpress* . . .

Statewide News

- [Together, We Can Make a Difference](#)
State of Iowa employees work together to help fellow Iowans through the One Gift Program.

State of Iowa Health Insurance

- [Check Out Generic Drug Options Before Buying a Brand Name](#)
Generic drugs are most often the better choice when your doctor prescribes medication for you.

Other Benefits

- [Important Flexible Spending Account \(FSA\) Deadline April 15](#)
April 15, 2020, is the deadline to file Dependent Care FSA claims incurred from January 1, 2019, through March 15, 2020, and for Health FSA claims incurred from January 1, 2019, through December 31, 2019.

Health and Well-Being

- [Special Webcast: Retirement: It's Not Just About the Money](#)
Retirement planning is not just about your retirement savings. Investigate this topic and more to better prepare you for the retirement years to come.
- [March is Colorectal Cancer Awareness Month](#)
Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women.
- [Online Health and Well-Being Seminars Tackle Everyday Topics and Challenges](#)
Valuable new topics are added monthly, so check back often.

Financial Fitness

- [What is a Target Date Fund \(TDF\)?](#)

Learn about this investment option offered within most retirement savings plans (401k, 457, 403b, and IRAs).

Retirement Savings

- [Enjoy Your Tax Refund at Retirement Instead?](#)

Getting less of a tax refund now can increase your retirement savings down the road. Here's how.

- [Are You Considering Retirement Investors' Club \(RIC\)?](#)

Enroll today and begin receiving an employer match benefit of up to \$75 per month.

- [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 personal and professional growth. Check out the State of Iowa Performance & Development Solutions (PDS) seminars and programs.

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.

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