



## DAS Delivers: *HRExpress*

Department of Administrative Services ~ Empowering People · Collaboration · Customer Service

June 2021

### In this issue of *HRExpress* . . .

#### The Iowa WorkSmart Project

- [WorkSmart Continues](#) - Learn the latest on the Iowa WorkSmart Project, including information about upcoming training, results of the recent Future State Discussions, and the importance of Project communication in the upcoming months.

#### State of Iowa Benefits

- [Keeping Up on Your Preventive Health Care?](#) - With pandemic-related limitations over the past year, you may not be up-to-date on your preventive health care checks. Maybe it's time to set up an appointment with your provider.

#### Health and Well-Being

- [Do You Have an Ergonomic Work Surface?](#) - People can be creative with their work surfaces, particularly in the home environment. So, how do you know if your workspace is right for you?
- [Wellness vs. Well-Being](#) - Is there a difference?
- [Farmers Market Arrives on Capitol Complex](#) - The 5th Annual Capitol Complex Farmers Market has arrived! Learn more.
- [COVID-19 Vaccine Information and DAS Resources](#) - Vaccine information and more.
- [Free Health and Wellness Seminars Offered Online](#) - Navigate through life's challenging times with guidance from on-demand seminars covering various health and well-being topics are available from KEPRO, the State's Employee Assistance Program (EAP). Valuable new topics are added monthly, so check back often.

#### Retirement Savings

- [Consider Putting Your Raises to Work](#) - You can take advantage of any salary increases you receive by increasing the dollar amount you place into your Retirement Investors' Club (RIC) savings plan.
- [Retirement Investors' Club \(RIC\) Webcasts](#) - Make the best use of your retirement savings benefit by taking advantage of online education opportunities offered by RIC.
- [Retirement Benefit Presentations Offered On Demand](#) - Check out these State of Iowa retiree video resources specifically for current retirees and those considering retirement.
- [News from Your Retirement Investors' Club \(RIC\) Providers](#) - To assist with retirement income planning and investment strategies, check out the latest news from State RIC providers.
- [Creating a Secure Retirement: The 3-Part Solution](#) - IPERS and Iowa State Extension Services team up to offer a free workshop for State employees planning to retire in the next three to five years.
- [IPERS Presents Ready, Set, Retire on Zoom](#) - Attend this informative seminar, created for State employees looking to retire in the next few years.

#### Education Opportunities

- [New Classes Uploaded to the LMS](#) - New class listings are now available in the Learning Management System (LMS) for the new fiscal year. Learn more about these virtual and classroom offerings.
- [New Certified Public Manager \(CPM\) Cohort Begins in September](#) - This intensive learning experience begins September 7, 2021. Learn more about this valuable opportunity today!

- [FEATURED Course Spotlights from Performance & Development Solutions \(PDS\)](#) - There are three featured PDS courses in June: *Financial/Budgeting*, *Emotional Intelligence*, and *Enhancing Team Membership*. Sign up today!
- [PDS Training Courses Available Online](#) - Enhance your knowledge and skills in the workplace and beyond through educational programs offered by Performance & Development Solutions (PDS) and New Horizons. View the current on-demand class offerings and registration instructions to learn more.

*HRExpress* is a publication for State of Iowa employees. Please print a copy to post or share with co-workers who may not have access to a computer. For prior editions, visit the *HRExpress* webpage.

If you have questions or suggestions for future content, please contact us at [hrexpress@iowa.gov](mailto:hrexpress@iowa.gov).