

# HREXPRESS

July 2018

Risk & Benefits Management

Organizational Performance

Employment Services

The "HRExpress" monthly newsletter arrives by email from DAS - Human Resources Enterprise and is your main source for updates and news about benefits, training opportunities and more. Just click on the links below to read the full articles or print out a copy using the link at the bottom of this page.

## In this issue of "HRExpress" ...

### [Your Benefits: Learn More](#)

Take advantage of these educational opportunities in July and August to help make the most of your State of Iowa benefits.

### [Increasing your RIC Contribution Can Make a Big Impact](#)

Increasing the contribution to your Retirement Investors' Club account can be a painless way to increase your funds for retirement.

### [Health FSA-Eligible Claims](#)

Learn about products and services you are able to claim for reimbursement with your Health Flexible Spending Account (FSA).

### [Cancer Screenings Are Covered by State of Iowa Health Insurance](#)

Your benefits provide cancer screening options. Learning more could save your life.

### [Simplify Your Paperwork with Online EOBs](#)

EOBs make your life just a little easier by signing up to receive your Explanation of Benefits (EOBs) online through myWellmark®.

### [Employee Assistance Program \(EAP\) Offers Monthly On-Demand Seminars](#)

Informative new topics are added monthly, so check back often to learn more.

### [Join the CPM Program Starting in August](#)

Applications are now being accepted for the Certified Public Manager (CPM) Program beginning in August. Learn more about how these courses can help you develop your career skills.

### [Update Your Skills With PDS Training](#)

Performance & Development Solutions (PDS) offers educational programs to help State of Iowa employees enhance their knowledge and skills. View the July and August class listings and registration instructions to learn more.

