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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. 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”

### Group Insurance

- [Guest Membership Available With Iowa Choice for Qualifying Participants](#)  
Eligible dependents and retirees who have Iowa Choice health coverage can access services through a guest membership if they reside outside Wellmark’s Blue Access network for 90 consecutive days.
- [Be Safe and Secure with Wellmark’s Identity Protection Service](#)  
Wellmark provides identity protection services at no cost to employees, retirees, and eligible dependents through an active myWellmark account.

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### Health and Well-Being

- [Help Avoid Costly Surprises Next Tax Season](#)  
The IRS says their Withholding Calculator can help you do a quick analysis of your income tax withholding to see if you might need to update your withholding amount with your Human Resources Associate (HRA).
- [Protect Yourself from the Summer Sun](#)  
According to WebMD, sun exposure is the most preventable risk factor for all skin cancers. Learn about nine important ways to safeguard your skin this summer.
- [Employee Assistance Program \(EAP\) Offers Monthly On-Demand Seminars](#)  
Valuable new topics are added monthly, so check back often.

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### Retirement Savings

- [Are You Enrolled in Retirement Investors’ Club \(RIC\)?](#)  
The Retirement Investors’ Club (RIC) provides State of Iowa employees the opportunity to automatically save toward retirement through payroll deduction and matching funds.
  - [Saving Toward Retirement](#)  
If you receive an across the board (ATB) or other pay increase during the year, you may want to consider the benefits of deferring extra dollars to your Retirement Investors’ Club (RIC) retirement plan.
  - [News From Your RIC Providers](#)  
Read the latest news from your RIC providers to assist with retirement income planning and investment strategies.
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## DAS Education

- [Exciting Updates from Performance Development Solutions \(PDS\)](#)  
View updated course dates, learn about new staff, and a reminder about your Training Liaisons.
  - [Benefit Education Presentations: Register Now!](#)  
Be sure to take advantage of these web-based educational opportunities and help make the most of your State of Iowa benefits.
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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](mailto:hrexpress@iowa.gov)