

# HREXPRESS

August 2019

Risk & Benefits Management

Organizational Performance

Employment Services

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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 full copy using the link at the bottom of this page.**

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## In this issue of “HRExpress”

### Group Insurance

- [Vaccines Aren't Just For Kids Anymore](#)  
The need for vaccines doesn't end with childhood according to the Centers for Disease Control (CDC). Under the State of Iowa health plan, the full cost of recommended vaccinations is covered by insurance.
  - [Don't Let an Illness or Injury Slow You Down - Get Care On the Go With Doctor on Demand®](#)  
Learn how Doctor on Demand can provide convenient, reliable, easy, and low-cost health care for you and your family this summer.
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### Health and Well-Being

- [Online Wellness Seminars Tackle Everyday Topics and Challenges](#)  
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 enroll and save toward retirement through payroll deduction and matching funds.
  - [Need Help Choosing Your Investments?](#)  
The more you know, the better you can feel about your investment choices. All Retirement Investors' Club (RIC) providers offer investment guidance by a licensed investment advisor at no additional cost to State of Iowa RIC participants.
  - [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

- [Make the Most of Your Employee Benefits: Register Now!](#)  
Be sure to 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](#)  
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 at all levels.

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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.*

***Disclaimer: This newsletter is for informational purposes only and is not a plan document, nor is it 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](mailto:hrexpress@iowa.gov)