

HREXPRESS

February 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 . . .

State of Iowa Health Insurance

- [Doctor On Demand - When You're Sick and Need a Doctor](#)

If a cold or the flu bug strikes you or your family members, you can save money and time with Doctor On Demand.

Other Benefits

- [Employee Benefit Highlight Series](#)

DAS-HRE created the Employee Benefit Highlight Series, which consists of 15 informative short videos outlining various employee benefits.

- [Sick Leave Conversion - An Overview](#)

Employees may elect to convert sick leave hours into vacation hours through the sick leave conversion process.

Health and Well-Being

- [Voluntary Vision Insurance Enrollment Ends February 28](#)

Enroll for vision insurance using the Automatic Payroll Deduction (APD) program through February 28, 2020. Elections made during this enrollment period are effective April 1, 2020.

- [Online Health and Well-Being Seminars Tackle Everyday Topics and Challenges](#)

Valuable new topics are added monthly, so check back often.

Financial Fitness

- [Improved Tax Withholding Estimator Helps Calculate the Tax Refund You Want for 2020](#)

The Internal Revenue Service launched a new and improved Tax Withholding Estimator, designed to help you receive the tax refund you want by determining the correct amount of federal income tax you want taken out of your paycheck.

- [Free Financial Checkup Video Session](#)

Take advantage of a free on demand "financial checkup" to help you examine your finances more closely.

Retirement Savings

- [Saver's Tax Credit – Know Before You File](#)

Participation in the State of Iowa Retirement Investors' Club (RIC) offers employees an opportunity to reduce their individual income tax by up to \$1,000 (or \$2,000 if married filing jointly) with the Internal Revenue Service's (IRS) Saver's Tax Credit.

- [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.

This newsletter is for informational purposes only and is not a plan document, nor is it intended for 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