

HREXPRESS

July 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 . . .

The Iowa WorkSmart Project

- [As Iowa WorkSmart Project Accelerates, Change Agents to Play Important Role](#)
Learn about important updates on the Iowa WorkSmart Project.

COVID-19 News

- [Return To Work Guidance from DAS](#)
The Department of Administrative Services offers guidance on returning to State buildings in light of the Coronavirus pandemic.
- [COVID-19 Informational Resources Available](#)
Access the latest State of Iowa information regarding the COVID-19 pandemic.

Other Benefits

- [Distributions From 457 Contribution Plans May Be Allowed Through December 31](#)
Participants who have been impacted by the pandemic may be able to take a distribution from their 457 employee contribution plan of up to \$100,000 through December 31, 2020.

Health and Well-Being

- [Summer at the Capitol Complex](#)
If you work at or visit the Capitol Complex during the summer months this year, you may want to take advantage of the on-site Farmers Market and local food truck offerings.
- [Offered Online - Health and Well-Being Seminars Tackle Everyday Topics and Challenges](#)
Valuable new topics are added monthly, so check back often.

Retirement Savings

- [IPERS' Ready, Set, Retire Workshops Offered Via Zoom](#)
If you are thinking about retiring in the next three to five years, IPERS' Ready, Set, Retire is designed to provide you with a broad range of retirement-related information. Sign up today!

- [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.

Financial Fitness

- [Special Webcast - Retirement: It's Not Just About the Money](#)
Retirement planning is not just about your retirement savings; it's an entirely new chapter in your life. Attend this special webcast to better prepare you for the retirement years to come.
- [Register today for the Conquering Student Loan Debt Educational Seminar](#)
If you are one of many Americans burdened by student loan debt, you may benefit by attending this free educational seminar presented by AIG Retirement Services.

DAS Education

- [Developing Today's Public Leaders through Certified Public Manager \(CPM\) Program](#)
Applications are now being accepted for the next CPM cohort (CPM 34) beginning September 14.
- [PDS Training Courses Available Online](#)
All PDS face-to-face courses have been suspended until further notice due to the COVID-19 outbreak. Learn more about our current on-demand offerings.
- [Offered Online - 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.

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