



HREXPRESS

November 2020

Risk & Benefits Management

Organizational Performance

Employment Services

The *HRExpress* newsletter arrives monthly by email from the DAS Human Resources Division and is your main source for updates and news about benefits, training opportunities, and more.

Click 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 Benefits

- [Your Flexible Spending Account\(s\): What You Need to Know](#)
Learn the latest guidelines for your health and/or flexible spending account.
- [Your Supplemental Life Insurance and Evidence of Insurability](#)
Did you elect to increase your supplemental life insurance during the recent Enrollment and Change period? If so, don't forget to complete the Evidence of Insurability (EOI) online.

Retirement Savings

- [No Change to IRS 457 Limits for 2021](#)
Although the IRS has not changed the 457 Limits for 2021, now is a great time to review contributions to your Retirement Investors' Club (RIC) plan.
- [Thinking About Retirement?](#)
We have answers to your questions on retiring from the State of Iowa.
- [Attend the RIC Introduction & Enrollment Presentation](#)
If you wonder how you can save additional money for your future, you'll want to attend this Retirement Investors' Club (RIC) Deferred Compensation Introduction & Enrollment presentation.
- [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.

Health and Well-Being

- [New Healthy Employees Initiative - Coming Soon!](#)
You'll soon see a new publication in your mailbox designed to help keep State of Iowa employees connected and informed of wellness opportunities across the state.
- [Free Health and Well-Being Seminars Offered Online](#)
Life can be challenging at times. To help you navigate through, on-demand online seminars

covering various health and well-being topics are available from the State's Employee Assistance Program (EAP). Valuable new topics are added monthly, so check back often.

- [COVID-19 Informational Resources Available](#)

Access the latest State of Iowa information regarding the COVID-19 pandemic, including Return to State Buildings Guidance and DAS HR FAQs updated November 19, 2020.

DAS Education Opportunities

- [Next Certified Public Manager \(CPM\) Cohort Begins Soon - Sign Up Now!](#)

Applications are now being accepted for the next CPM cohort (CPM 35) which begins January 11, 2021.

- [PDS Training Courses Available Online](#)

Enhance your knowledge and skills in the workplace and beyond through educational programs offered by Performance & Development Solutions (PDS). View the current on-demand class offerings and registration instructions to learn more.

Please feel free to print a copy of his 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 suggestions for future content, please contact us at hrexpress@iowa.gov