



HREXPRESS

December 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

- [What to Expect During a Doctor on Demand® Talk Therapy Visit](#)
Learn how to get the most from your Doctor on Demand® talk therapy visit.
- [Take Advantage of Wellmark's Identity Protection Service](#)
Wellmark provides identity protection services **at no cost** to all Wellmark Blue Cross and Blue Shield members.
- [Your Supplemental Life Insurance and Evidence of Insurability](#)
If you elected to increase your supplemental life insurance during the recent Enrollment and Change period, don't forget to complete the Evidence of Insurability (EOI) online before December 29, 2020.

Retirement Savings

- [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

- [Voluntary Vision Insurance: Open Enrollment Starts January 1, 2021](#)
Elect vision insurance through the State of Iowa Voluntary Insurance Program. Open enrollment is from January 1 through February 28, 2021, with elections effective April 1, 2021.
- [Ten Important Ergonomic Tips for Remote Workers](#)
Learn 10 important tips on ergonomics to make the most of your remote working environment.
- [Free Health and Well-Being Seminars Offered Online](#)
Life can be challenging at times. To help you navigate through the difficulties, 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.

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 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 suggestions for future content, please contact us at hrexpress@iowa.gov