



DAS Delivers: *HRExpress*

Department of Administrative Services ~ Empowering People · Collaboration · Customer Service

February 2021

In this issue of "HRExpress" ...

Special Announcement

- [State Employees Support One Gift Program](#) - The generosity of our staff members is realized across Iowa as One Gift campaign pledges for 2021 are shared.

State of Iowa Benefits

- [Managing Your Health Benefits Is Easy With myWellmark®](#) - Manage your health care spending and make life a little simpler with myWellmark.
- [Is Sick Leave Conversion for You?](#) - Some State employees may convert banked sick leave to vacation pay. Could this be for you?

Health and Wellness

- [Voluntary Vision Insurance: Open Enrollment Ends February 28](#) - Act now to enroll for vision benefits beginning in April.
- [Recognizing Chronic Stress and What You Can Do to Reduce It](#) - Learn the early warning signs of stress to help you feel better faster.
- [Free Health and Well-Being Seminars Offered Online](#) - Life can be challenging. Learn to navigate through the tough times with these online seminars offered by KEPRO, the State's Employee Assistance Program (EAP). Valuable new topics are added monthly, so check back often.
- [COVID-19 Resources](#) - Looking for the latest COVID-19 information? Check out our webpage featuring a collection of COVID-19 resources.

Retirement Savings

- [NEW Financial Fitness Resources](#) - Expand your financial fitness through the Iowa Insurance Division's new Save4Later program. Check out the web site for valuable financial literacy resources for State employees and their families.
- [IPERS' Ready, Set, Retire Workshops Scheduled](#) - Planning to retire within the next few years? If so, you are invited to attend one of these valuable workshops offered on Zoom.
- [Retirement Investors' Club \(RIC\) Webcasts](#) - Make the best use of your retirement savings benefit by taking advantage of online education opportunities offered by RIC.
- [News From Your Retirement Investors' Club \(RIC\) Providers](#) - To assist with retirement income planning and investment strategies, check out the latest news from your State RIC providers.

Education Opportunities

- [Leadership Capacity Building Development Certificate \(LCBDC\) - March Class Offerings](#) - Learn how your participation in this Certificate Series will enhance your leadership and work skills.
- [FEATURED Course Spotlight: Shaping Effective & Engaged Teams](#) - This course helps leaders build high-performing, focused, and productive work teams.
- [FEATURED Course Spotlight: The Servant Leader](#) - Learn the core tenets of servant leadership and apply them to build collaborative, high-trust, and high-functioning teams.

- [Performance & Development Solutions \(PDS\) Training](#) - Check out listings for virtual instructor-led and on-demand PDS courses, as well as on-demand computer courses offered through New Horizons.

HRExpress is a publication for State of Iowa employees. Please print a copy to post or share with co-workers who may not have access to a computer. For prior editions, visit the *HRExpress* webpage.

If you have questions or suggestions for future content, please contact us at hrexpress@iowa.gov.

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