



DAS Delivers: HRExpress

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

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In this issue of "HRExpress" . . .

The Iowa WorkSmart Project

- [Progress Continues](#) - Nearly a year has passed since the Iowa WorkSmart Project launched. Review where we've been and take a look at the path ahead.

State of Iowa Benefits

- [Important Flexible Spending Account \(FSA\) Deadline: April 15](#) - Time is running out to file claims for reimbursement for 2020 FSA expenses.

Health and Wellness

- [Twenty Fatigue-Fighting Superfoods . . . Plus, Energy Zappers to Avoid](#) - If you're feeling tired and sluggish, there are ways you can help turn it around by making the most of energy-boosting nutrients found in some everyday foods.
- [Six Useful Tips for Safety and Comfort at your Computer Keyboard](#) - It may seem like a simple thing, but your choice of computer keyboards can make a huge difference in your daily work. Read these useful tips for effective and comfortable keyboard use.
- [Your Financial Health Matters](#) - Wherever you find yourself financially, planning and saving are the surest tools for creating more financial stability for you and your family. Visit Save4Later today to help you sharpen your financial skills.
- [Free Health and Well-Being Seminars Offered Online](#) - Life can be challenging at times. To help you navigate through the tough times, on-demand online seminars covering various health and well-being topics are available from KEPRO, the State's Employee Assistance Program (EAP). Valuable new topics are added monthly, so check back often.
- [COVID-19 Resources](#) - Check out DAS Human Resources' webpage featuring a collection of COVID-19 resources.

Retirement Savings

- [Creating a Secure Retirement: The Three-Part Solution](#) - IPERS and Iowa State Extension Services team up to present a free full-day workshop for all State employees planning to retire in the next three to five years. Learn where you are in the pre-retirement process. Pre-register today!
- [Same Great Retirement Benefit Presentations Now Offered On Demand](#) - The Division of Human Resources has recently added new information to the website for employees seeking information about State of Iowa retirement benefits.
- [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.

- [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 State RIC providers.

Education Opportunities

- [FEATURED Course Spotlight: Creative Thinking Offered April 13](#) - Learn to generate creative ideas and solutions to rapidly changing work settings and roles by using practical thinking and problem-solving tools.
- [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.

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.