



DAS Delivers: *HRExpress*

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

May 2021

In this issue of *HRExpress* . . .

The Iowa WorkSmart Project

- [What Will Workday Mean for State Employees?](#) - Learn about Workday key benefits, Employee Self-Service (ESS), Workday Financial (FIN), and more in this month's update.

State of Iowa Benefits

- [More Changes to Health Flexible Spending Accounts \(FSAs\) Regarding PPE](#) - As announced in April, PPE is now a covered expense under the health FSA. This month, DAS also increased the length of time during which you can incur and submit claims.
- [The Basics on Braces from Delta Dental](#) - If you're a parent considering braces for your child, you may have questions about treatment options and your State of Iowa orthodontic insurance coverage. Delta Dental answers some of your most frequently asked questions.
- [Medical Care When Traveling Outside the Country](#) - More families will be traveling in the coming months now that the COVID-19 vaccine has come on the scene. Find out how your health coverage works if you need care outside the U.S.

Health and Wellness

- [Vaccinate Iowa - Sleeves Up](#) - Visit this IDPH website to learn more about the COVID-19 vaccine and find a provider close to you!
- [The Mighty Mouse: Small in Size, Big for Your Ergonomic Well-Being](#) - Great information about finding the best computer mouse for you, and how to use it to keep you healthy and comfortable.
- [Free Health and Wellness Seminars Offered Online](#) - To help you navigate through life's challenging 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.

Retirement Savings

- [Important Reminder from Retirement Investors' Club \(RIC\)](#) - Now is a good time to meet with your advisor to review how your emergency and retirement savings accounts have weathered the challenges of the past year.
- [Retirement Investors' Club \(RIC\) Webcasts](#) - Make the best use of your retirement savings benefit by taking advantage of online education opportunities offered by RIC.
- [Retirement Benefit Presentations Offered On Demand](#) - Check out these State of Iowa retiree video resources specifically for current retirees and those considering retirement.
- [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.

- [Creating a Secure Retirement: The 3-Part Solution](#) - IPERS and Iowa State Extension Services team up to offer a free workshop for State employees planning to retire in the next three to five years.
- [IPERS Presents Ready, Set, Retire on Zoom](#) - Attend this informative seminar, created for State employees looking to retire in the next few years.

Education Opportunities

- [FEATURED Course Spotlights](#) - There are three featured PDS courses in May: *Leading Through Change*, *Listening Skills*, and *Project Management*. Learn more today!
- [PDS Training Courses Available Online](#) - Enhance your knowledge and skills in the workplace and beyond through educational programs offered by Performance & Development Solutions (PDS) and New Horizons. 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.