



# DAS Delivers: *HRExpress*

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

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## In this issue of *HRExpress* . . .

### Iowa WorkSmart Project

- [WorkSmart Update](#) - Check out the latest edition of *Smart Talk* and news about the Iowa WorkSmart Project.

### State of Iowa Benefits

- [Dependent Care FSA Plan Now Offers Recurring Direct Pay Option](#) - Make paying your dependent care provider more convenient with this new Recurring Direct Pay option.
- [Flexible Spending Account Tracking Made Easier](#) - Read more from ASI on a new mobile app to help you track and be reimbursed for medical mileage claims.
- [Three Dental Plan Enhancements for 2022](#) - Check out these new changes to the 2022 dental plan that might just save you money!
- [Is the Livongo Diabetes Prevention Program Right for You?](#) - You may be pre-diabetic and not even know it! This program, offered through your Wellmark health plan, may be just what you need to feel better and live a healthier lifestyle.

### Health and Well-Being

- [Is it Depression or Anxiety? It's Harder to Tell Than You Might Think](#) - Get great information to help you cope if you are feeling down and depressed.
- [Voluntary Vision Insurance: Open Enrollment Underway](#) - State Employees have the opportunity to purchase vision insurance through the Voluntary Insurance Program.
- [Free Health and Wellness Seminars Offered Online](#) - Navigate through life's challenging times with guidance from on-demand seminars covering various health and well-being topics available from KEPRO, the State's Employee Assistance Program (EAP). Valuable new topics are added monthly, so check back often.
- [COVID-19 Vaccine Information, Testing at Home, and DAS Resources](#) - Vaccine information, free COVID-19 testing, and more.

### Retirement Savings

- [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.
- [IPERS Presents Ready, Set, Retire on Zoom](#) - Attend this informative seminar, created for State employees looking to retire in the next few years.
- [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.

- [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.

## **DAS Education Opportunities**

- [Thirty-Hour In Person OSHA Training Offered](#) - Join in on this 30-hour OSHA training course to help you create a culture of safety in your workplace.
- [Enhance Your Skills with Featured PDS Courses](#) - Focus on *Project Fundamentals*, *Ethics of Leadership & Influence*, or *Managing Stress and Workplace Accountability* in these upcoming featured courses.
- [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.

*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](mailto:hrexpress@iowa.gov).