



# DAS Delivers: *HRExpress*

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

February 2022

## 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

- [Wellmark Offers Guidelines for No-Cost COVID-19 Testing](#) - Wellmark Blue Cross and Blue Shield® is now providing COVID-19 tests with no member cost share. Learn more!

### Health and Well-Being

- [Voluntary Vision Insurance: Open Enrollment Ends February 28](#) - Hurry! Open Enrollment for vision insurance through the Voluntary Insurance Program ends soon.
- [Could You Be Suffering from Burnout?](#) - Read this informative article from Wellmark to learn more about the signs and symptoms of burnout and what you can do to cope.
- [Ergonomic Tool Available](#) - Check out the free online *Ergonomic Self-Assessment* training to make the most of your workspace.
- [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.

### 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

- [Enhance Your Skills with Featured PDS Courses](#) - Focus on *Project Management, Leading Through Change, Customer Service, and Strategies for Work/Life Balance* in these upcoming featured courses.

- [Performance & Development Solutions \(PDS\) Training Courses](#) - 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).