



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](#) - Get the latest on the Iowa WorkSmart Project including onboarding enhancements, expected benefits of Workday FIN, and more!

State of Iowa Benefits

- [Eight Things You Should Know About Your Health Insurance Coverage](#) - The more you know about your health insurance coverage, the better care choices you can make for you and your family.
- [Familiar with COBRA?](#) - Here's what you need to know about this sometimes misunderstood law allowing workers to continue health and dental benefits after termination or resignation.

Health and Well-Being

- ['Make it Okay' in May](#) - One in five Americans will experience some form of mental illness in any given year. Learn how a community-based campaign is working to break the stigma of mental illness and what you can do to help.
- [Self-Care is Important to Overall Well-Being](#) - Even small acts of self-care can make a big difference in your quality of life. Wellmark has information to help you get started.
- [Four Mindsets That Can Cause Workplace Accidents](#) - Learn how four different mindsets can increase your chances of getting hurt on the job.
- [Free Health and Wellness Seminars Offered Online](#) - Navigate through life's challenging times with guidance from KEPRO, the State's Employee Assistance Program (EAP). Valuable new topics are added monthly, so check back often.

Retirement Savings

- [Retirement Investors' Club \(RIC\) Form No Longer In Use](#) - Learn what RIC form is no longer used when making changes to your accounts.
- [Not Yet Participating in Retirement Investors' Club \(RIC\)?](#) - Saving in RIC - with a State match up to \$75 per month - is a great way to save for your retirement years.
- [Retirement Investors' Club Webcasts](#) - Make the best use of your retirement savings benefit by taking advantage of online education opportunities offered by RIC.
- [IPERS Presents Ready, Set, Retire on Zoom](#) - Attend this informative seminar, created for State employees looking to retire in the next few 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

- [Don't Miss New Horizons Crash Courses!](#) - Laser-focused computer courses offered for State of Iowa employees.
- [Enhance Your Skills with Featured PDS Courses](#) - In May and June, you may learn new skills in *Advanced Principles of Communication, Part 2: Coaching*, learn tips to provide a great *Customer Experience*, apply *Crucial Accountability* to your work, and get hands-on experience in a two-day *Project Management Seminar*.
- [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.