



## DAS Delivers: *HRExpress*

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

July 2022

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

#### Iowa WorkSmart Project

- [WorkSmart Update](#) - Later this month there will be a new look for the "Workday Today" landing page. Learn more about this and an update on Phase 2 of the Iowa WorkSmart Project.

#### State of Iowa Benefits

- [Get the Most Value from Your Health Plan](#) - Don't miss these six valuable steps to assure you're getting the most from your State of Iowa health plan.
- [Wellmark Offers Guest Membership for Dependents Outside Iowa](#) - Learn more about this option when you have children going to college out of town, have dependents who live out of state, or you're retired and spend your winters out of state.

#### Health and Well-Being

- [Retirement: It Isn't Just About the Money!](#) - Retirement planning requires you think about more than just money. Read why!
- [Tools to Help You Recognize and Avoid Heat-Related Illness](#) - Heat exhaustion and heat stroke can escalate rapidly. Get great tips on recognizing these and other heat-related illnesses and useful ways to treat them.
- [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

- [From the Retirement Investors' Club Team](#) - It's your money. Get logged in to find out more.
- [Retirement Investors' Club Informational Webinars](#) - Make the best use of your retirement savings benefit by taking advantage of these 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

- [Enhance Your Skills with Featured PDS Courses](#) - Learn how to *Lead Through Change* (July 27), make a *Professional Impact* (August 18), or learn best practices in the *Project Management Seminar* (August 10-11).
- [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).