



DAS Delivers: *HRExpress*

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

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In this issue of *HRExpress* . . .

Iowa WorkSmart Project

- [New Workday Homepage](#) - Experience the refreshed layout, updated graphics, and enhanced functionality of the newly-updated Workday homepage. Resources are available to help you navigate to your favorite apps and locate new features.

State of Iowa Benefits

- [Hit the Road With myWellmark®](#) - Make informed decisions about your health care at home and on the road with myWellmark.
- [Maintaining Space: When Your Child Accidentally Knocks Out a Tooth](#) - What happens when a child accidentally loses a baby tooth too early? Learn more about space maintainers, now covered by Delta Dental with no co-insurance for children up to age 14.

Health and Well-Being

- [Seven Tips to Get More Water](#) - In this hot weather, it's important you get enough water to avoid dehydration or worse. Read seven tips from the CDC to help assure good hydration.
- [Discounted Adventureland Tickets!](#) - Enjoy an amazing end-of-season discount on any-day tickets to Adventureland. Learn more.
- [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](#) - Get great information from your RIC team about timing of your payroll deductions, updating beneficiaries, and how to review your savings progress from time to time.
- [RIC Live Webinars Available](#) - Make the best use of your retirement savings benefit by taking advantage of these live webinars 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

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