



DAS Delivers: *HRExpress*

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

November 2022

In this issue of *HRExpress* . . .

Iowa WorkSmart Project

- [New Workday Features: My Tasks and ServiceNow Access](#) - Learn about two new features recently implemented in the State's Workday tenant to enhance your Workday experience.
- [Elect Electronic W-2s in Tax Year 2022](#) - Take advantage of convenient, secure access to your W-2s in Workday!

State of Iowa Benefits

- [Important Information About Your 2023 Flexible Spending Accounts](#) - If you enrolled in the 2023 Flexible Spending Account (FSA) program, watch for confirmation and more coming your way in mid-December.
- [You Can Quit Tobacco . . . and Your Employee Health Benefits Can Help](#) - The Great American Smokeout is November 17. Learn how your employee health benefits can help you quit for good!

Health and Well-Being

- [How to Provide Support for Those Struggling With Their Mental Health](#) - Wellmark offers five positive steps to take when someone you love is hurting.
- [Five Dental Warning Signs You Shouldn't Ignore](#) - Is that pain in your tooth a sign that something more serious is going on? Read 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

- [IRS Declares Increase for 457 Contribution Limits in 2023](#) - With IRS limits increasing, it may be time to review the amount you invest in your Retirement Investors' Club account.
- [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.

DAS Education Opportunities

- [PDS Vendor Spotlight](#) - Meet Helena Long from JET Engineering.
- [Featured Courses in the Management Development Certificate \(MDC\) Series](#) - Whether you're finishing your MDC or just getting started, enroll for these courses today!

- [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.