



DAS Delivers: *HRExpress*

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

December 2022

In this issue of *HRExpress* . . .

Iowa WorkSmart Project

- [Smart Talk Features New/Updated Resources and More!](#) - Read the December *Smart Talk* for holiday pay reminders, updated and new Workday resources, a new Expense Report Work Area report, and a final reminder receiving your W-2 electronically for 2022.

State of Iowa Benefits

- [Supplemental Life - Evidence of Insurability Deadline Approaching](#) - If you elected to increase your supplemental life insurance during Open Enrollment, your EOI must be submitted by January 3.
- [Hearing Care Discounts Offered Through Delta Dental Insurance](#) - Delta Dental offers quality hearing care for State of Iowa employees.

Health and Well-Being

- [Voluntary Vision Insurance: Open Enrollment Starts in January](#) - Sign up in January or February for voluntary vision coverage effective April 1, 2022.
- [Practicing Self Care Aids in Your Overall Well-Being](#) - Don't get so busy taking care of others that you forget to watch out for your own well-being. Wellmark outlines five self-care practices to help you beat stress and more!
- [Nine Tips for Staying Healthy Through the Holidays and Beyond](#) - The National Safety Council provides valuable tips to help you avoid getting sick or spreading illness to others.
- [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 Makes Significant Increase to 457 Contribution Limits in 2023](#) - Retirement benefit opportunities keep improving as limits go up for Retirement Investors' Club (RIC) 457 accounts.
- [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 State Retirement Investors' Club \(RIC\) Providers](#) - check out the latest news from State of Iowa RIC providers to assist with retirement income planning and investment strategies.

DAS Education Opportunities

- [It's a CPM Celebration!](#) - Learn about the Certified Public Manager program and check out the State's recent graduates from this nationally-accredited program.

- [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.