



DAS Delivers: *HRExpress*

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

May 2023

In this issue of *HRExpress* . . .

Iowa WorkSmart Project

- [Lets Talk Travel!](#) - If you travel for work, get a refresher on Workday processes and travel-related resources in the May issue of *Smart Talk*.

State of Iowa Benefits

- [Flexible Spending Account Deadline Extended](#) - The filing deadline for 2022 FSA expenses has been extended. Here's what you need to know.
- [Medical Care When Traveling Outside the Country](#) - How does your health insurance work when you travel outside of the United States? Wellmark explains.
- [Dental Fillings - Which Option is Best for You?](#) - Delta Dental reviews the options when you need to have dental work done.

Health and Well-Being

- [Food Trucks and Farmers Market](#) - Nicer weather brings food trucks and Farmers Market to the Capitol Complex. Find a quick lunch, and shop for homemade food and craft items, fresh vegetables, and more.
- [Tips to Tackle Loneliness](#) - Wellmark shares five ways to help you beat loneliness.
- [Free Health and Wellness Seminars Offered Online](#) - Navigate through life's challenging times with guidance from KEPRO, the State's Employee Assistance Program (EAP). New topics are added monthly, so check back often.

Retirement Savings

- [What Does This Letter from My RIC Provider Mean?](#) - RIC providers are sending letters to participants announcing their new fund offerings. No action is needed, but it could be a great time to review your investments.
- [Looking for a Place to Invest Your Tax Return?](#) - Learn about some benefits of putting your tax return into RIC? Learn more.
- [Not Yet Participating in RIC?](#) - Consider investing in your future, with the State matching contributions up to \$75 per month.
- [RIC Online Webcasts](#) - Take advantage of online education 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 State Retirement Investors' Club Providers](#) - Check out the latest news from State of Iowa RIC providers to assist with retirement income planning and investment strategies.

DAS Education Opportunities

- [Vendor Spotlight: Carol Tripp](#) - Carol is known for bringing real-life examples into all of her courses. Check out one of her classes today!
- [Learnsoft LMS Tip: Verify Your Class Location](#) - Use the LMS to easily verify the location of your PDS class.
- [PDS Quick Links](#) - Sign up for PDS and New Horizons courses today!

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.