



## DAS Delivers: *HRExpress*

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

June 2023

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

#### Iowa WorkSmart

- [FY23 WorkSmart Highlights](#) - As the fiscal year winds down, take a look at the June *Smart Talk* for an overview of all we've accomplished.

#### State of Iowa Benefits

- [Visit a Doctor Any Time, Day or Night](#) - Doctor on Demand gives you access to virtual healthcare at any time.
- [Reminder! Flexible Spending Account Deadline Extended](#) - The filing deadline for 2022 FSA expenses has been extended. Here's what you need to know.

#### Health and Well-Being

- [TODAY is SEHARC Day!](#) - Visit with SEHARC participating partners, pick up market-fresh products at Farmers Market, and have lunch at a food truck with your friends!
- [Why Men Don't Tend to Seek Regular Healthcare?](#) - Men's Health Month in June is a great opportunity to encouraging boys and men to implement healthy living decisions.
- [The Link Between Oral Health and Lyme Disease](#) - A tick bite resulting in Lyme Disease can cause oral health symptoms. 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). New topics are added monthly, so check back often.

#### Retirement Savings

- [RIC Tip: You Can Roll Your IRA or Past Employer Plan into RIC](#) - Learn about rolling your investments over when you leave a job.
- [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

- [The Power of Habit](#) - Get more control over your life by building healthy professional and personal habits.
- [Online Learning Tips](#) - Four tips from PDS to help you get the most out of your next virtual learning experience.
- [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](mailto:hrexpress@iowa.gov).