



DAS Delivers: *HRExpress*

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

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In this issue of *HRExpress* . . .

State of Iowa Benefits

- [Improvements Made to EAP Services](#) - The State of Iowa has again contracted with Kepro to provide EAP services to State employees and their family members. Read further for information on recent enhancements.
- [Guest Membership Under the Iowa Choice Insurance Option](#) - If you have college-aged dependents on your health insurance plan, or you are retired and head to a warmer locale in the winter months, learn more about Wellmark's guest membership option for State of Iowa employees and retirees.

Health and Well-Being

- [Outsmarting Poison Ivy, Oak, and Sumac](#) - Read how to prevent and treat the itchy rash and blisters that accompany exposure to these common outdoor weeds.
- [Expert Tips for Summer Skin Care](#) - The summer heat and humidity can be tough on your skin. Read these expert tips to assure your skin is at its best this summer.
- [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

- [Questions About the Iowa Pension Income Tax Exemption?](#) - Check out the guidance on income tax changes benefiting State of Iowa retirees.
- [Are You Getting Your Employer Match?](#) - 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

- [Caps Off to the New State of Iowa CPM Graduates of Cohort 37!](#) - The Certified Public Manager Program (CPM) is an intensive learning experience. See a list of the most recent program graduates and learn how to become involved.
- [FY24 PDS Catalog Now Available](#) - Check out the new *FY 24 PDS Course Catalog* for a year's worth of great learning opportunities.
- [PDS Quick Links](#) - Sign up for PDS and New Horizons courses today!