



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

- [Flexible Spending Account Cardless Pay - What is It?](#) - FSA Cardless Pay allows you to shop the FSA Store without any debit or credit card numbers. Learn more.
- [Surprising Benefits from your Health Insurance](#) - Wellmark offers many extras to benefit your health and well-being at no extra cost to you.

WorkSmart with Workday

- [Questions about Workday?](#) - Learn everything you need to know to troubleshoot your experience in Workday.

Health and Well-Being

- [The Stings of Summer](#) - How to avoid getting stung this summer, and what to do if it happens.
- [Routine Dental Care is Important](#) - Do you know that cleanings and routine dental care are covered at 100% through the state's Delta Dental plan?
- [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 Benefits and Savings

- [What is IPERS and Will it be Enough?](#) - Watch these short video clips about your valuable IPERS benefit.
- [Iowa RIC Enrollment is Year-Round](#) - You can enroll in RIC any time and take advantage of the state match, up to \$75 per month.
- [Want to Change Your Payroll Deduction Amount?](#) - Saving even a little more each month can make a big difference down the road.
- [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

- [Congratulations FY23 Certificate Completions](#) - Look who completed a Performance Development Solutions (PDS) certificate series in the past year! Congratulations!

- [Back to School](#) - It's never too late to go "back to school" with these opportunities offered through PDS.
- [Featured Upcoming Classes](#) - Freshen up your work skills in one of the featured courses this month.
- [PDS Quick Links](#) - We've gathered useful links to training opportunities with 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.