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State of Iowa Benefits

- **Important Flexible Spending Account (FSA) Deadline April 15** - Time is running out to file claims for reimbursement for 2023 eligible FSA expenses.
- **Wellmark Blue 365 Discounts for State Employees** - Check out Wellmark's Blue365 for access to discounts and services beyond your usual health care coverage.
- **Fluoride is Important to Children's Dental Health** - Read more about your Delta Dental coverage for children through age 18.

WorkSmart with Workday

- **Need Workday Support?** - Three simple steps to get assistance with Workday.

Health and Well-Being

- **Natural Ways to Cope with Allergies** - Make springtime more comfortable with these tips to improve your symptoms naturally.
- **Considering Retirement?** - Helpful resources covering finances and overall well-being in retirement.
- **Free Health and Well-Being Seminars Offered Online** - Navigate through life's challenging times with guidance from Acentra Health, the State's Employee Assistance Program (EAP) provider. New topics are added monthly.

Retirement Benefits & Savings

- **News from the RIC Team** - You could qualify for the Internal Revenue Service (IRS) Saver's Credit. Learn more about this federal tax credit and about informative webinar offerings from RIC.
- **News from Your RIC Providers** - Check out the latest news from State RIC providers to assist with retirement planning and investment strategies.
- **IPERS Offers Ready, Set, Retire Workshop in Zoom** - Attend this informative seminar, created for state employees looking to retire in the next few years.

Education Opportunities

- **First Aid/CPR Course Offered** - Become First Aid/CPR certified through this one-day course offering.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

HRExpress is a publication for State of Iowa employees. For links to this and prior editions, visit the *HRExpress* webpage.

If you have questions or suggestions for future content, plea