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State of Iowa Benefits

- **Medical Care When Traveling Outside the Country** - Do you know how to access medical care when you travel outside of the United States? Here's a quick reminder from Wellmark Blue Cross and Blue Shield of Iowa.

WorkSmart with Workday

- **Need Workday Support?** - Three simple steps if you need assistance with Workday.

Health and Well-Being

- **How Social Media Affects Mental Health** - Research shows social media has both positive and negative effects for users. Learn more from Livongo and Wellmark Blue Cross and Blue Shield of Iowa.
- **Do You Know What to Do in a Dental Emergency?** - You need to act quickly in a dental emergency, and Delta Dental has some great tips about what to do.
- **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** - Get the latest on a RIC investment option for your Vacation Buyout, and check out several informative webinars offered in the next few months.
- **News from Your RIC Providers** - Take a look at topics of interest from your RIC providers.
- **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

- **Welcome to Workday Learning!** - The State of Iowa will transition our learning management system to Workday Learning on July 1. Here's the scoop!
- **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, please contact us at hrexpress@iowa.gov.