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State of Iowa Benefits

- **Check out Wellmark's Guest Membership** - If you or your dependents live out of state for at least part of the year, you'll want to read this!

Education Opportunities

- **Take a Look at the New PDS Course Catalog!** - You'll be amazed at the number of learning opportunities offered through PDS.
- **Welcome to Workday Learning** - It's live! Check out the state's new learning management system.
- **Sign up for a Certificate Series Program Today** - There's a new way to enroll and complete the PDS certificate series options. Learn more.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **Trade Workplace Stress for Success** - Wellmark offers four myth-busting facts to help you tame your workplace stress.
- **Enjoy a Healthful and Fun Picnic This Summer** - Picnics are a summer staple. Help make them more healthful with these tips from Livongo and Wellmark Blue Cross and Blue Shield of Iowa.
- **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.

Work Smart with Workday

- **Workday Changes for Meal Per Diem** - Starting July 5, employees who travel will no longer be required to submit receipts for meal expenses. Instead, a meal per diem rate will apply. Learn more.
- **Need Workday Support?** - Three simple steps if you need assistance with Workday.

Retirement Benefits & Savings

- **IPERS Offers *Ready, Set, Retire* Workshop in Zoom** - Attend this informative seminar, created for state employees looking to retire in the next few years.
- **News from the RIC Team** - You may choose to take advantage of your ATB increase to support your retirement savings effort. Read about this and more from your Retirement Investors' Club (RIC) team.
- **News from Your RIC Providers** - Read topics of interest from your RIC providers.

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.