

## In this Edition . . .

[Benefits](#) • [Education Opportunities](#) • [Health & Well-Being](#) • [Workday](#) • [Retirement Savings](#)

Please click on the headings above or below to access specific articles.

### State of Iowa Benefits

- **Open Enrollment for 2025 Benefits Coming Soon!** - Open Enrollment for next year's benefits begins on October 7 in Workday. Watch for detailed instructions in the October issue of *HRExpress* on October 7.
- **Filling the Gap When a Tooth is Missing** - Delta Dental shares information on space maintainers for children who accidentally knock out a baby tooth, or who lose a tooth due to decay.

### Education Opportunities

- **PDS Course Dates Added** - PDS has added new class dates for *Managing Conflict and Resistance in the Workplace* and *Dimensions of Behavior* for the coming year.
- **Certificate Series Programs in Workday Learning** - Workday Learning has changed the way we enroll and complete our PDS Certificate Series offerings.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

### Health and Well-Being

- **Healthy At Home: Supporting Your Child's Mental Health** - Wellmark offers important information to help parents support their family's mental health needs.
- **Pledge to the Annual One Gift Campaign** - The annual campaign runs from September 16-October 11 this year. Consider pledging to One Gift - together we can make a difference!
- **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.

### Work Smart with Workday

- **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** - Read about retirement education opportunities and more from the State of Iowa Retirement Investors' Club team!
- **News from Your RIC Providers** - Read topics of interest from your RIC providers.