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State of Iowa Benefits

- **Open Enrollment Ends Tomorrow at 6:00 p.m.** - Open Enrollment for next year's benefits ends this Thursday, November 7. Don't delay!

Education Opportunities

- **Emotional Intelligence 2.0** - This PDS course helps you gain insight and understanding of your strengths and opportunities for personal growth.
- **Safety Courses Available** - DAS Safety has added a handful of new safety-related courses. Check them out today!
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **Type 2 Diabetes Can Be Prevented** - This important read provided by Wellmark provides tips to significantly reduce your chances of developing diabetes later in life.
- **Bracing for Braces: The Basics** - Get answers from Delta Dental to your most pressing questions about braces for your children and teens.
- **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

- **Check Your Address in Workday** - Assure your W-2 and 1095 goes to the correct address to avoid any delays in your taxes for 2024.
- **Need Workday Support?** - Three simple steps to take if you need assistance with Workday.

Retirement Benefits & Savings

- **IRS Raises 457 Contribution Limits for 2025** - Check out the latest change and investment limits for 2025.
- **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.

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.