

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

- **Flexible Spending Accounts for 2025** - Here's what you need to know if you signed up for the Flexible Spending Account (FSA) program for 2025.
- **Did You Apply for Supplemental Life Insurance for 2025?** - Evidence of Insurability (EOI) is due on January 6. Start the process now if you have not already done so.
- **Health Insurance Benefits That Save You Money** - Saving money on health care is always a good thing! Wellmark tells you how.

Education Opportunities

- **View Your Upcoming Scheduled Learning** - Take a quick look at your upcoming learning in Workday Learning.
- **Plan Ahead for the Holidays** - Keep your drive for learning and development alive over the holiday season. Register for 2025 PDS courses now!
- **Join CPM Cohort 43** - Check out the Certified Public Manager program offered in conjunction with Drake University.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **Time is Your Most Precious Resource** - Learn to focus on the present moment to bring more joy and appreciation into your life. Livongo and Wellmark tell you how.
- **"Healthy" Food and Drinks That Could Harm Your Oral Health** - Are so-called "healthy" foods everything they're cracked up to be? Learn the facts from Delta Dental.
- **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

- **Elect Electronic W-2s for Tax Year 2024** - Choose to get your W-2 electronically rather than by mail. Learn the benefits of making this simple change.
- **Check Your Address in Workday** - Assure your W-2 and 1095 go 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 changes and investment limits for 2025.
- **IPERS Offers Ready, Set, Retire Workshop in Zoom** - Attend this informative seminar, created for state employees planning 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.