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State of Iowa Benefits

- **Kickstart the New Year with a Personalized Program at No Cost to You** - Prioritize your health with a personalized diabetes prevention or diabetes management program from Livongo. Check your eligibility and learn more.
- **New to Flexible Spending Accounts (FSAs) in 2025?** - Here's what you need to know if you are new to the state's FSA program this year.

Education Opportunities

- **Welcome, 2025!** - Harness the *Power of Habit* and learn about *Getting Things Done* with these great courses offered by Performance & Development Solutions (PDS).
- **Quick Links** - A list of useful links to training opportunities with Performance & Development Solutions (PDS) and New Horizons.

Health and Well-Being

- **Voluntary Vision Insurance: Open Enrollment Underway** - Get vision insurance through the state's Voluntary Insurance Program. Open enrollment ends on February 28.
- **Setting Realistic Expectations to Meet Your Goals** - Livongo presents the SMART system of goal setting to help boost your chances of success.
- **Make a Resolution to Get Your Cancer Screenings in 2025** - Get up to date on all recommended cancer screenings, based on your age and family history. Learn more.
- **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 to take 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 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.