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State of Iowa Benefits

- **Hearing Discounts Offered Through Your Delta Dental Coverage** - Check out the hearing discounts available to you through your state dental coverage.
- **State Historical Society of Iowa (SHSI) Membership Discount** - State of Iowa employees receive 10 percent off a membership to the SHSI. Learn about the great perks of membership today!

Education Opportunities

- **Workday Learning Tips for Managers: Assignments vs. Enrollments** - What's the difference? PDS explains how it works.
- **Stay Focused During Training** - Staying focused during training offers many benefits like improved retention, reduced stress, and more valuable group dynamics.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **For the Love of Dark Chocolate** - Dark chocolate can be good for your health, and we have recipes!
- **Voluntary Vision Insurance Open Enrollment Ends February 28** - Time is running out to take advantage of this coverage through the state's Voluntary Insurance Program.
- **Save the Date for the First Annual Decades Dinner!** - Mark Friday, June 27, on your calendar to attend this festive 1920s themed event at the State Historical Building!
- **Free Health and Well-Being Seminars Offered Online** - Navigate life's challenges with guidance from Acentra Health, the State's Employee Assistance Program (EAP) provider. New topics are added monthly, so check back often.

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 looking to retire in the next few years.
- **News from the RIC Team** - Get the latest information from your Retirement Investors' Club team, including useful webinars on a variety of subjects.
- **News from Your RIC Providers** - To assist with retirement income planning and investment strategies, check out the latest news from State 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.