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State of Iowa Benefits

- **Important Flexible Spending Account (FSA) Deadline April 15** - Check out this information if you participate in the state's FSA program.

Education Opportunities

- **Reinforcing Learning for Greater Impact** - Managers can have a significant impact on the effectiveness of employee training. Learn more.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **What You Should Know About Colorectal Cancer** - March is Colorectal Cancer Awareness Month. Do you know what you should know?
- **Being Heard: Be Your Own Health Advocate** - Don't leave your next medical appointment feeling rushed or confused. Read these tips from Livongo and Wellmark.
- **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, so check back often.

WorkSmart with Workday

- **Need Help With Workday?** - 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.
- **Financial Webinars for March 2025** - Check out the RIC Financial Webinar Calendar for a listing of informative webinars this month.
- **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.

