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State of Iowa Benefits

- **Important Flexible Spending Account (FSA) Deadline** - Tuesday, April 15, is the deadline to file dependent care and health FSA claims incurred in 2024.

Education Opportunities

- **Program for Safety Leaders and Advocates** - Learn to incorporate safety and health into your daily management process with the state's Safety Development Program.
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **Simple Solutions for Better Sleep** - Chances are you are not getting enough sleep. Livongo and Wellmark share solutions to get a better night's rest.
- **Free Can't-Miss Health Secrets from WebMD®** - This webinar can help you unlock secrets to a longer, healthier life.
- **No-Cost Health and Well-Being Seminars** - 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.

Work Smart 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.
- **From the RIC Team** - Get the latest information from your Retirement Investors' Club team.
- **Upcoming Financial Webinars** - Gain a wealth of information on financial planning and investment from a variety of trusted sources.
- **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.

