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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

- **Delta Dental Explains Coverage for Silver and Composite Fillings** - Your State of Iowa Delta Dental plan offers coverage for both silver and composite fillings. Learn the differences and which might work best for you.

Education Opportunities

- **Save Your Learning for Later** - Don't have time for learning courses right now? Try saving your favorites to take at a later date.
- **Certificate Tracking Available in Workday** - If you're interested in starting one of the PDS certificates, your progress will now be tracked automatically within Workday. Learn more!
- **Quick Links** - A list of useful links to training opportunities with PDS and New Horizons.

Health and Well-Being

- **Mental Health Resources for Work, Home, and Everywhere in Between** - Read Wellmark's guides, packed with great information to help support your happiness and well-being.
- **The Connection Between Oral Health and Mental Health** - Is there a connection? Find out now!
- **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 of Iowa 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.