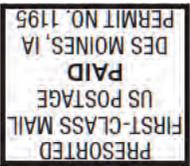


# Care on *your* terms

Iowa Department of  
Human Services  
100 Army Post Rd.  
Des Moines, IA 50315



Take notice.  
Take action.  
Take control.

The time has come  
to complete your  
Healthy Behaviors.



**Get a check-up, take a survey, save money**

## **Congratulations**

You're on your way to completing the Healthy Behaviors Program. Finish your final step or you will be required to pay **\$120** per year for the Iowa Marketplace Choice Plan:

### **Health Risk Assessment (HRA)**

A. Complete the online HRA with your qualified health plan.

**OR**

You may also use the Iowa Medicaid HRA. Go online to [AssessMyHealth.com](http://AssessMyHealth.com). You will need to enter a five digit code. You can get this code from your provider. If your provider does not have a code, enter **MBR11**. Complete the assessment and click "yes" to share your results with your provider. Finally, enter your member ID number.

Either your health plan HRA or the Iowa Medicaid HRA will count as one of your Healthy Behaviors.

B. Share your results with your primary care provider.

### **To complete the HRA by phone, or for questions:**

Call Iowa Medicaid Member Services at 1-800-338-8366, or 515-256-4606 in the Des Moines area, 8:00 a.m. - 5:00 p.m., Monday - Friday.

