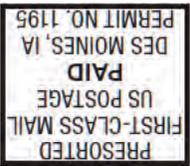


# Care on *your* terms

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

Dear NAME,

Complete the following healthy behaviors or you will be required to pay **\$60** per year for the Iowa Wellness Plan:

## 1. Health Risk Assessment (HRA)

- A. Go online to [AssessMyHealth.com](https://www.assessmyhealth.com).
- B. 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**.
- C. Complete the assessment and click “yes” to share your results with your provider. Finally, enter your member ID number.
- D. Share your results with your primary care provider.

## 2. Wellness Exam

- A. Call your primary care provider and schedule your wellness exam. Keep your appointment.
- B. If you have already completed your health risk assessment, talk to your provider about the results. Your provider may have advice on meeting your health goals.

To complete the HRA by phone, or for help finding a provider

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.



Iowa Department  
of Human Services

Comm. 463 (9/14)