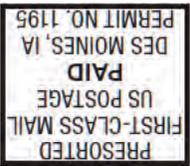


Care on *your* terms

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

If you haven't already done so, complete the following healthy behaviors or you will be required to pay **\$120** per year for the Iowa Marketplace Choice Plan:

1. 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](https://www.assessmyhealth.com).

You will need to enter 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.

B. Share your results with your primary care provider. Either your health plan HRA or the Iowa Medicaid HRA will count as one of your Healthy Behaviors.

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.

2.

To complete the HRA by phone, or for help on your health plan:

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

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