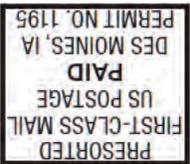


# Care on *your* terms

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, NAME!** You're on your way to completing the Healthy Behaviors Program. Finish your final step or you will be required to pay **\$60** per year for the Iowa Wellness Plan:

### **Wellness Exam**

- A. Call your primary care provider and schedule your wellness exam.
- B. Keep your appointment.
- C. Talk to your provider about your health risk assessment results. Your provider may have advice on meeting your health goals.

**For help finding a provider, 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.



Iowa Department  
of Human Services

Comm. 465 (9/14)