

# Care on *your* terms

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



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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:

### **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.

**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.



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