Current_Date

Contact_Name
Address
City, State Zip

Dear Member_Name:

Welcome to the Healthy Behaviors Program!

As a member of the Iowa Health and Wellness Plan (Iowa Wellness Plan or Iowa Marketplace Choice Plan) there are new ways for you to play a part in your health care. The new ways come through the Healthy Behaviors Program. It is important to have a good relationship with your primary care provider (PCP). This helps improve your health and helps you make healthy choices. The Healthy Behaviors Program will give you tools to get started.

Another benefit of the Healthy Behaviors Program is that you may not have to pay a contribution later. A contribution is an amount of money that members may pay each month for their health coverage. During the first year that you qualify for the Iowa Health and Wellness Plan there are no contributions. During the second year that you qualify, there may be a contribution if you choose not to take part in the Healthy Behaviors Program.

To be in the Healthy Behaviors Program and not pay a contribution in the second year you qualify, you need to:

1. **Get a wellness exam or yearly check-up with your PCP and**
2. **Complete a Health Risk Assessment (HRA) about your health.**

Learn more about the Healthy Behaviors Program from the flyer included with this letter. You can start by scheduling a wellness exam. Then fill out a health risk assessment by following the steps in the flyer.

If you have more questions about the Healthy Behaviors Program, please call Member Services at 1-800-338-8366 or locally in the Des Moines area at 515-256-4606 between 8:00 a.m. and 5:00 p.m., Monday through Friday.

Para solicitar este documento en español, comuníquese con Servicios al Afiliado al teléfono 1-800-388-8366, de lunes a viernes desde las 8:00 a.m. hasta las 5:00 p.m.

ia health link

Care on your terms

Be Healthy, Stay Healthy

To continue receiving free coverage under the Iowa Wellness Plan, you must complete the following Healthy Behaviors:

1. Health Risk Assessment (HRA)

1. Go online to AssessMyHealth.com.
2. You will need to enter a five-digit code. You can get this code from your provider. This will let your provider see your results. If your provider does not have a code, enter MBR11.
3. Complete the assessment. When done, enter your Medicaid member ID number. Select 'yes' to share your results with your provider. You must enter your member ID to get credit for the Healthy Behavior.
4. Take your results to your wellness exam.

2. Wellness Exam

1. Call your primary care provider and schedule your check-up.
2. Talk to your provider about completing the health risk assessment. Your provider might be able to help.
3. Keep your appointment and work with your provider to stay healthy.

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. 456 (5/14)

ia health link

Healthy Behaviors

Care on your terms

Need help completing your HRA?

1. Complete the assessment from any computer.

2. Talk to your provider. Some providers may be able to help you complete the assessment in their office.

3. Contact local resources in your community like public libraries, public health departments, and community resource centers. Computers may be available to the public.

4. Complete the survey over the phone. To complete the survey over the phone, call Iowa Medicaid Member Services at 1-800-338-8366, or 515-256-4606 in the Des Moines area. Surveys can be taken from 8:00 a.m. - 5:00 p.m., Monday-Friday.

Iowa Department of Human Services

Questions?

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