



Molina Healthcare of Iowa
PO Box 93653
Des Moines, IA 50393

[Member Name]
[Member Address]
[City, State, Zip]

Important health information enclosed.

[Date]

Welcome [Member Name]!

HEALTHY BEHAVIORS REMINDER

The end of the year is almost here! To keep receiving free* coverage under the Iowa Health and Wellness Plan, you must complete two Healthy Behaviors each year.

1. You have already completed a Wellness Exam or Dental Exam – Thank you!



2. ACTION NEEDED: You need to complete your Health Risk Assessment.

There are several ways to complete your Health Risk Assessment (HRA):

Online



Go to [MyMolina.com](https://www.mymolina.com)
Click login to get started; if this is the first time of logging in, you will need to register in order to complete your HRA.



On Your Phone



Call (844) 236-0894 (TTY 711) 7:30am to 6pm local time

You must complete the listed Healthy Behavior activities each year or you may get a bill each month from the Iowa Department of Health and Human Services (depending on your income).

*There are very few or no, out of pocket costs for the first year and very few costs after that. Depending on your family income, a small monthly contribution may be required. There is a co-pay for using the emergency room for non-emergency services. For more information, visit <https://hhs.iowa.gov/IHAWP>