



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 your Health Risk Assessment – Thank you!



2. ACTION NEEDED: You need to complete a Wellness Exam with your Primary Care Provider (PCP) OR complete a routine Dental Exam with your Dentist.

Remember, under the Iowa Health and Wellness Plan, you will not be charged for check-ups and preventive screenings. Choose one of the following (or both) to complete your Healthy Behaviors activities:



- Wellness Exam
Call your Primary Care Provider (PCP) to schedule and complete your annual physical or wellness exam.



- Dental Exam
Call your dentist to schedule and complete your dental exam.

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>