

Healthy Behaviors reminder

Complete your Healthy Behaviors. Keep your free* coverage!

Your review date is coming up.

You need to:

- **Complete your Health Risk Assessment.**
- **Get a wellness exam or dental exam.**

As part of the Iowa Health and Wellness Plan, you control how much you pay for your health insurance. When you complete two Healthy Behaviors each year, your insurance is free*.

If you don't complete them, you'll get a bill each month from the Iowa Department of Health and Human Services (depending on your income). You must pay the bill to keep your insurance. If you don't pay this bill (depending on your income), you may be disenrolled from the Iowa Health and Wellness Plan.

Here's how you can complete your Health Risk Assessment (HRA).

The HRA is sometimes called the initial health screener. You can choose one of these ways to complete your form.

- Online: Follow this link: wellpoint.com/ia/medicaid. Click login to get started. Then log in or register for secure access to complete your form.
- On your phone: Call **833-731-2140 (TTY 711)** 7:30 a.m. to 6:00 p.m. Central time
- On paper: Fill out the enclosed form and return it in the stamped envelope.

Get one of these exams so you can complete your Healthy Behaviors.

Wellness Exam

- Call your Primary Care Physician (PCP) to schedule your wellness exam
- Say this is one of your Healthy Behaviors for your Iowa Health and Wellness Plan

Dental Exam

- Call your dentist to schedule a dental exam
- Say this is one of your Healthy Behaviors for your Iowa Health and Wellness Plan

Remember: Complete your Healthy Behaviors. Keep your free* coverage! Thank you.

NOTICE: Iowa Health and Wellness Plan members must pay a copay for ER visits when it's not an emergency. In the case of a true emergency, you don't pay a copay. To learn more about copays, contact Wellpoint Iowa, Inc. at **833-731-2140 (TTY 711)**.

* 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 premium might be required. There is an \$8 copay for using the emergency room for nonemergency services.

wellpoint.com/ia/medicaid