

## Healthy Behaviors reminder

Complete your Healthy Behaviors. Keep your no-cost\* coverage.

Your review date is coming up.

- **It's important to get a wellness exam or a dental exam now.**
- ✓ You completed your Health Risk Assessment. Thank you.

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, you receive no-cost\* coverage.

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 Healthy Behaviors: Get one of these exams

#### Wellness exam

- Call your primary care provider (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 no-cost coverage. Thank you.

Notice: Iowa Health and Wellness Plan members must pay a copay for emergency room (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.