

My Health Pays[®] Rewards Program

What is it?

- Rewards program for members to encourage healthy behaviors.

Who can get a My Health Pays card?

- All ITC members get a reward card. If the member is a child, the card will be issued in their name and sent to their address.

How to earn:

- Complete healthy activities like a yearly wellness exam, annual screenings, tests, and other ways to protect your health.

When do I get my card?

- Once you complete a qualifying healthy activity, ITC is notified, and your card will be mailed to you. Remember to keep your card, as future reward dollars will be added to it for each qualifying healthy activity you complete.

How to activate:

- Call 1-888-514-6841.
- Provide the 16-digit card number and your date of birth.
- Choose a 4-digit PIN.

How do I find the balance on my card?

- There are three ways to find out your balance:
 - Log into your secure member portal account.
 - Call the number listed on the back of the card: 1-866-809-1091.
 - Call Member Services.



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Healthy Activities Eligible for Rewards

- Health Risk Screening
- Notification of Pregnancy Form
- First Trimester Prenatal Visit
- Postpartum Doctor Visit
- Diabetes Care: HbA1C Test and Dilated Eye Exam
- Annual Breast Cancer Screening
- Tobacco Cessation Coaching and Quit Aid
- Stakeholder Advisory Board Meeting
- Annual Well Care Visits
- Annual Flu Vaccine
- Health Coaching
- HiSET Completion

Additional information and Full List of Reward Details:

- [Iowa Total Care's My Health Pays webpage](https://www.iowatotalcare.com/members/medicaid/benefits-services/healthy-rewards-program.html)
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Use My Health Pays[®] Rewards

- Hy-Vee, Walmart or Sam's Club for Everyday Items*
 - Household Utilities
 - Childcare services
 - Education
 - Phone Bills (Cell Phone or Home Phone)
 - Public transportation or Rideshare (Card cannot be used for gasoline at this time)
 - Rent
- Rewards may not be used to buy alcohol, tobacco, firearms products, lottery tickets, gift cards, or for cash

Additional information or questions:

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(<https://www.iowatotalcare.com/members/medicaid/benefits-services/healthy-rewards-program.html>)
- Iowa Total Care Member Services: 1-833-404-1061 (TTY: 711)