



Care on *your* terms

Be Healthy, Stay Healthy

To continue receiving free coverage under the Iowa Health and Wellness Plan, you must complete the following Healthy Behaviors.

1. Health Risk Assessment (HRA)

1. Go online to AssessMyHealth.com.
2. You will need to enter a five-digit code. You can get this code from your provider. This will let your provider see your results. If your provider does not have a code, enter **MBR11**.
3. Complete the assessment. Make sure to enter your Medicaid member ID number. Select 'yes' to share your results with your provider. You must enter your member ID to get credit for the Healthy Behavior.
4. Take your results to your wellness exam.

2. Wellness Exam

1. Call your primary care provider or dental provider and schedule a wellness exam.
2. Talk to your provider about completing the health risk assessment. Your provider might be able to help.
3. Keep your appointment and work with your provider to stay healthy.

Questions?

Call Iowa Medicaid Member Services at 1-800-338-8366, or 515-256-4606 in the Des Moines area, 8:00 a.m. - 5:00 p.m., Monday-Friday.





health link

Healthy Behaviors

Care on
your
terms

Need help completing your HRA?

1. Complete the assessment from any computer.
2. Talk to your provider. Some providers may be able to help you complete the assessment in their office.
3. Contact local resources in your community like public libraries, public health departments, and community resource centers. Computers may be available to the public.
4. Complete the survey over the phone. To complete the survey over the phone, call Iowa Medicaid Member Services at 1-800-338-8366, or 515-256-4606 in the Des Moines area. Surveys can be taken from 8:00 a.m. - 5:00 p.m., Monday-Friday.

Para solicitar este documento en español, comuníquese con Servicios para Miembros al teléfono 1-800-338-8366 de 8:00 a.m. a 5:00 p.m., de lunes a viernes.

Questions?

Call Iowa Medicaid Member Services at 1-800-338-8366, or 515-256-4606 in the Des Moines area, 8:00 a.m. - 5:00 p.m., Monday-Friday.

