

Iowa Health and Wellness Plan Fact Sheet

IA Health Link

IA Health Link brings together physical, behavioral, and long-term care under one program across Iowa which is covered by a Managed Care Organization (MCO) that you get to choose. Most Iowa Medicaid members, including most Iowa Health and Wellness Plan Members, are enrolled in the IA Health Link program. For further information on this program, please visit: www.dhs.iowa.gov/iahealthlink

Iowa Health and Wellness Plan Overview

The Iowa Health and Wellness Plan program provides comprehensive health coverage at low or no cost to Iowans between the ages of 19 and 64. The Iowa Health and Wellness Plan refers to one plan that includes two separate eligibility groups. All Iowa Health and Wellness Plan members are covered for the same types of health benefits. Eligibility is based on household income.

Healthy Behaviors Overview

Members in the Iowa Health and Wellness Plan can receive free* healthcare if they choose to take specific steps to protect their health and complete what are known as Healthy Behaviors. To participate in the Healthy Behaviors Program and avoid paying a monthly contribution after the first year of coverage, each year Iowa Health and Wellness Plan members must:

1. **Get a Wellness Exam -OR- Get a Dental Exam AND**
2. **Complete a Health Risk Assessment**

Monthly Contributions

- All members will receive free* health coverage under the Iowa Health and Wellness Plan in their first year of eligibility.
- Members **must** complete their Healthy Behaviors in their first year, and every year after, to continue to receive free health services for the following year.
- Members who **do not** complete their Healthy Behaviors every year may be required to pay a small monthly contribution that depends on their family income.
- Monthly contributions are either \$5 or \$10 depending on a member's family income.
- Members who **do not** complete their Healthy Behaviors and do not pay their monthly bill after 90 days, depending on their income, **may be disenrolled** from the Iowa Health and Wellness Plan.

Financial Hardship

If a member is unable to pay their contribution, they may check the hardship box on their monthly statement and return the payment coupon OR call the Iowa Medicaid Enterprise (IME) Member Services at 1-800-338-8366. Important: Claiming financial hardship will apply to that current month's amount due only. Members will still be responsible for amounts due from past months. Members will also be responsible for amounts due in future months unless they claim hardship in those months. Any payment that is more than 90 days past due will be subject to recovery and, depending on their income, may be disenrolled.

* 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 co-pay for using the emergency room for non-emergency services.

Healthy Behaviors

- **Wellness Exam**

Get a wellness exam (annual physical) from your health care provider. Members may receive an annual preventative wellness exam from any enrolled Iowa Medicaid:

- Physician
- Rural Health Clinic (RHC)
- Federally Qualified Health Center (FQHC)
- Advanced Registered Nurse Practitioner (ARNP)

In a wellness exam, your health care provider will do things like check your blood pressure and pulse, listen to your lungs with a stethoscope, recommend preventative screenings or take a blood sample to check your cholesterol.

- **Dental Exam**

In a dental exam, your dentist will go over your dental health. You may receive a cleaning or basic x-rays.

- **Health Risk Assessment (HRA)**

In addition to your Wellness Exam -or- Dental Exam, you must also complete a HRA. Set aside 15-40 minutes to complete a survey that asks questions about your health and your experience in getting health services.

IA Health Link Managed Care program members:

If you are part of the IA Health Link Managed Care Program, contact your MCO to complete your HRA.

Amerigroup Iowa, Inc.
Iowa Total Care

1-800-600-4441
1-833-404-1061

Members who are not in the IA Health Link Managed Care program:

You can fill out your HRA survey:

- a) By phone at **1-800-338-8366**
- b) Online at <http://www.assessmyhealth.com>
 - You will access this tool by entering your provider's **five-digit access code**.
 - You will need to get the five-digit access code from your provider to complete this survey online. The five-digit access code allows your survey results to be shared with your provider.
 - If your provider does not have a code enter: **MBR11**
 - The initial login screen will confirm your physician or physician group before allowing you to complete the HRA.

Questions?

Please contact IME Member Services at **1-800-338-8366** or **515-256-4606** (when calling within the Des Moines area), Monday through Friday, 8 a.m. to 5 p.m.

For telephone accessibility assistance if you are deaf, hard-of-hearing, deaf-blind, or have difficulty speaking, call Relay Iowa TTY at 1-800-735-2942.

Llame al 1-800-735-2942, a Relay Iowa TTY (teléfono de texto para personas con problemas de audición, del habla y ceguera) si necesita asistencia telefónicamente.