

Keep Your Free Coverage!

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

If you do not complete them, the Iowa Department of Human Services (DHS) will send you a bill each month for your health care coverage. You must pay the bill to keep your insurance or you may be disenrolled from the Iowa Health and Wellness Plan.

The **two** Healthy Behaviors you need to complete each year are:

- A Health Assessment along with the additional Supplemental Questions
- Either a Wellness Exam **or** a Dental Exam

1. Complete Your Health Risk Screening (HRS) Each Year

An annual Health Risk Screening (HRS) **and** additional Supplemental Questions are required. You can choose one of three ways to complete them.


Online

- Visit iowatotalcare.com and click “For Members” and then “log in”
- Select “Tell Us About Your Health” Tab on the right
- Complete both the HRS and Supplemental Assessments

Over the Phone

- Call **1-833-856-7666**
- Monday – Friday: 8:00 a.m. – 7:00 p.m. CST.

On the Mobile App

- Download the Iowa Total Care Mobile App
- Click on the Main Menu in the upper left corner  and select “My Health” Select and complete both the “HRS” and “Supplemental Assessments”

2. Get One of These Exams Each Year

Wellness Exam or Dental Exam (At least one must be completed in addition to the assessments).

Wellness Exam

- Call your Primary Care Provider (PCP) to schedule your wellness exam
- Tell your PCP this is one of your healthy behaviors for your Iowa Health and Wellness Plan

Dental Exam

- Call your dentist to schedule a dental exam
Tell your dentist this is one of your healthy behaviors for your Iowa Health and Wellness Plan



Reminder: Renew your Medicaid benefits each year. This is the best way to make sure you continue to receive the care you need to stay healthy.

Notice: A co-pay is required for non-emergent emergency room visits for Iowa Health and Wellness Plan members. In the case of a true emergency, you are not responsible for a co-pay. For more information on co-pays, contact 1-833-404-1061 (TTY 711).

We're here to help you.

An Iowa Total Care Member Services Representative can be reached at 1-833-404-1061 (TTY 711). For more information, you can also visit or call your local DHS office at 1-855-889-7985.

Remember: Complete your Healthy Behaviors to keep your free coverage!

Sincerely,

Iowa Total Care

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Language assistance services, auxiliary aids and services, larger font, oral translation, and other alternative formats are available to you at no cost. To obtain this, please call 1-833-404-1061 (TTY: 711). | Usted tiene a su disposición, sin costo alguno, servicios de asistencia de idiomas, ayudas y servicios auxiliares, material impreso en letra más grande, traducción oral y otros formatos alternativos. Para obtener esto, llame al 1-833-404-1061 (TTY: 711). | 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如需获得这些服务，请致电 1-833-404-1061 (TTY: 711).