

Complete Your Health Risk Screening Today!

Let Iowa Total Care know how we can help care for you. And earn rewards for it!

The **Health Risk Screening (HRS)** is a questionnaire that asks you about your health history and if you have any healthcare conditions. We want to know about your health so we can help match your needs with the right healthcare team. That's why we give you a **\$30 reward** if you complete this questionnaire within 90 days of becoming an Iowa Total Care member and each year after.

Complete the health risk screening one of three ways:

ONLINE

1. Visit my.iowatotalcare.com and click **For Members** and then **Member Portal**.
2. Select **Assessments** under **Medical Record**.
3. Click **Start** and select **ITC HRS**.

OVER THE PHONE

Call us at
1-866-319-0170
(TTY: 711)
 Monday – Friday:
 8 a.m. – 7 p.m.

ON THE MOBILE APP

1. Download the Health Insurance Portal App.
2. Log in to your account. New to the app? Click Register to create an account.
3. Select **Health Record** and then **Assessments**.



We look forward to hearing from you. For additional questions, an Iowa Total Care Member Services Representative can be reached at 1-833-404-1061 (TTY: 711).