

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 My Health Pays 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 IowaTotalCare.com and click **For Members** and then **Member Portal**.
2. Select the **Let Us Know** tab.
3. Complete the Health Information Form.

OVER THE PHONE

Call us at
1-833-856-7666
(TTY: 711)
Monday – Friday:
8 a.m. – 7 p.m.

ON THE MOBILE APP

1. Download the Iowa Total Care Mobile App.
2. Click on the main menu in the upper left corner and select **My Health**.
3. Select and complete the Health Information Form.



Iowa Total Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. | Iowa Total Care cumple con las leyes federales de derechos civiles aplicables y no discrimina en base a la raza, el color, el país de origen, la edad, la discapacidad o el sexo.

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). | 我们免费为您提供语言协助服务、辅助设施和服务、更大字体、口头翻译和其他替代格式。如需获得此服务，请致电 1-833-404-1061 (TTY: 711)。