

# How to Complete the Health Risk Screening

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 right away 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 a member.**

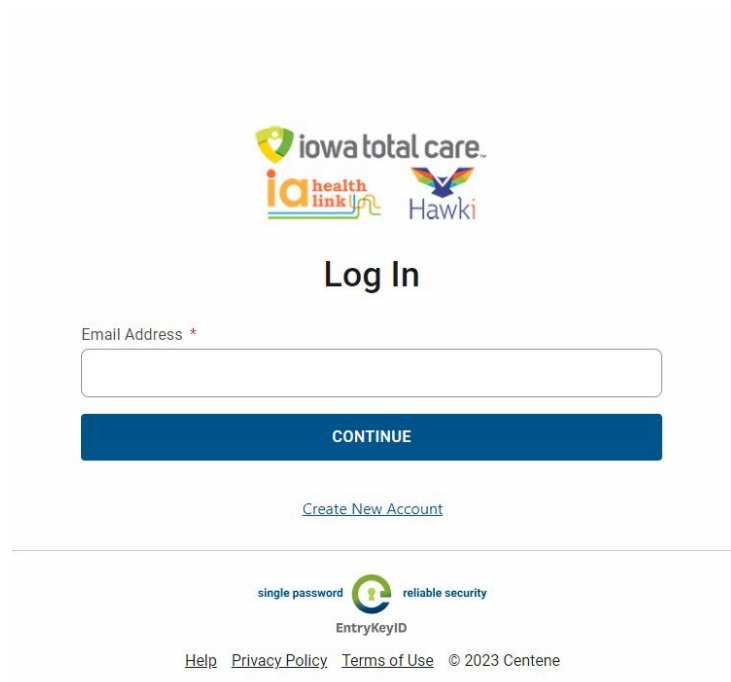
It's easy! You can complete a health risk screening three ways:

- Call us at **1-833-856-7666 (TTY: 711)**.
- Use the **member portal**.
- Use the **mobile app**.

*Review the following steps to learn how to complete the HRS using the member portal and mobile app.*

## How to Complete the Health Risk Screening using the Member Portal

1. Go to [Member.IowaTotalCare.com](https://Member.IowaTotalCare.com).



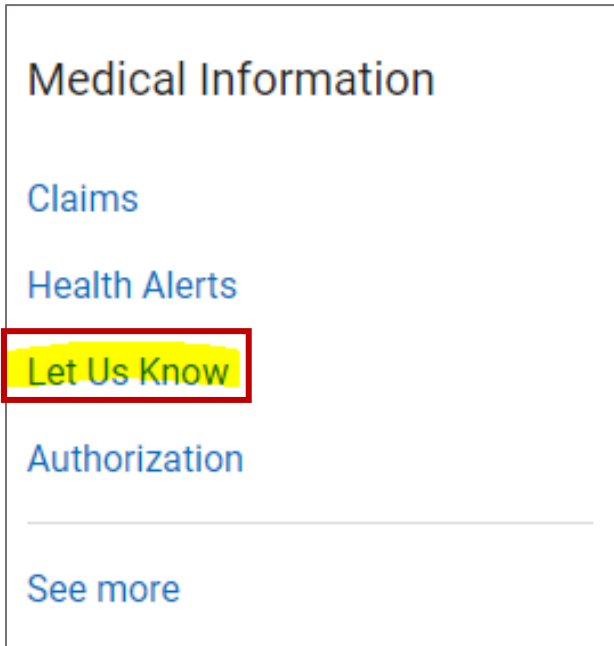
The screenshot shows the login page for the Iowa Total Care Member Portal. At the top, there are logos for Iowa Total Care, Iowa Health Link, and Hawki. Below the logos is the heading "Log In". There is a text input field labeled "Email Address \*" with a red asterisk. Below the input field is a blue button labeled "CONTINUE". Below the button is a link labeled "Create New Account". At the bottom of the page, there is a logo for "EntryKeyID" with the text "single password" and "reliable security". Below the logo are links for "Help", "Privacy Policy", and "Terms of Use", followed by the copyright notice "© 2023 Centene".

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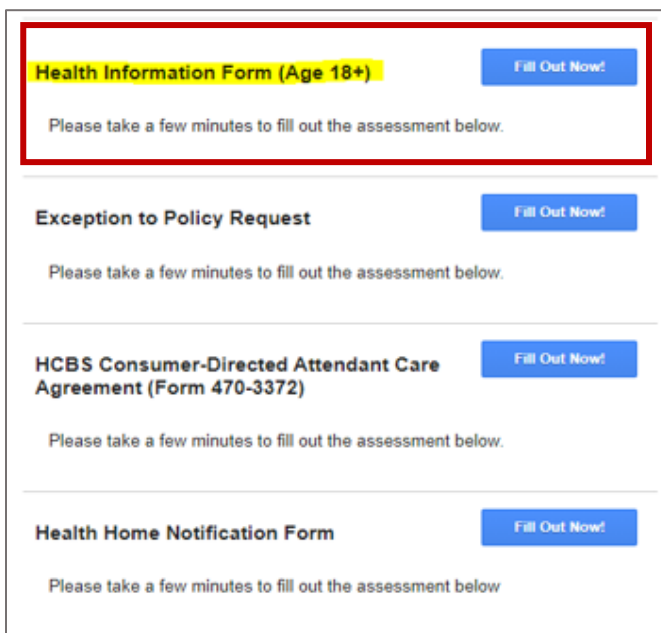
2. Log in to your account.

- If you don't have an account yet, you can sign up for a new one by selecting **Create New Account** or follow our step-by-step guide located on the Iowa Total Care [member homepage](#).

3. Under **Medical Information**, click on **Let Us Know**.



4. Select **Fill Out Now!** to complete the **Health Information Form**.



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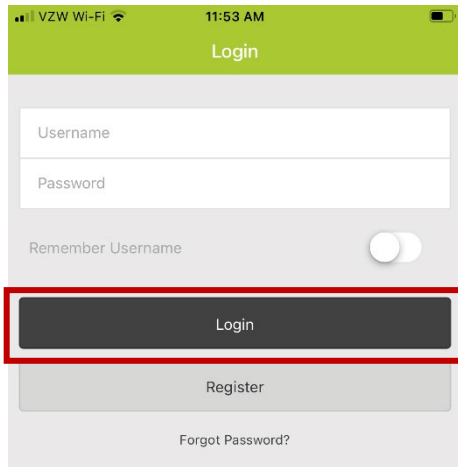
## How to Complete the Health Risk Screening Using the Mobile App


1. Download the Iowa Total Care mobile app on the [App Store](#) or [Google Play](#).

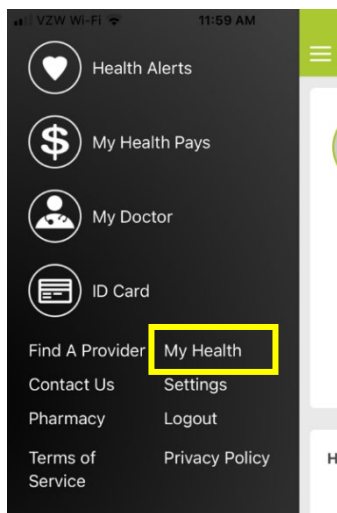


Look for the Iowa Total Care icon (shown here).

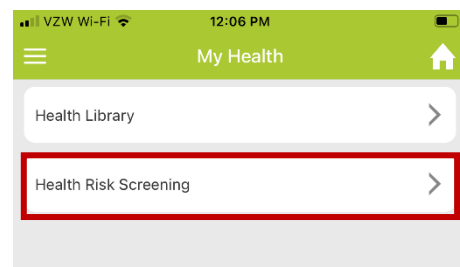
2. Log in to your account. New to the app? Click Register to create an account.



3. Click on the main menu  icon in the top-left corner, and then select **My Health**.



4. Select **Health Risk Screening** and complete the HRS.



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### QUESTIONS?

If you have questions, call Iowa Total Care Member Services at 1-833-404-1061 (TTY: 711).

Visit our [Health Risk Screening page](#) for more information.