

# 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.**

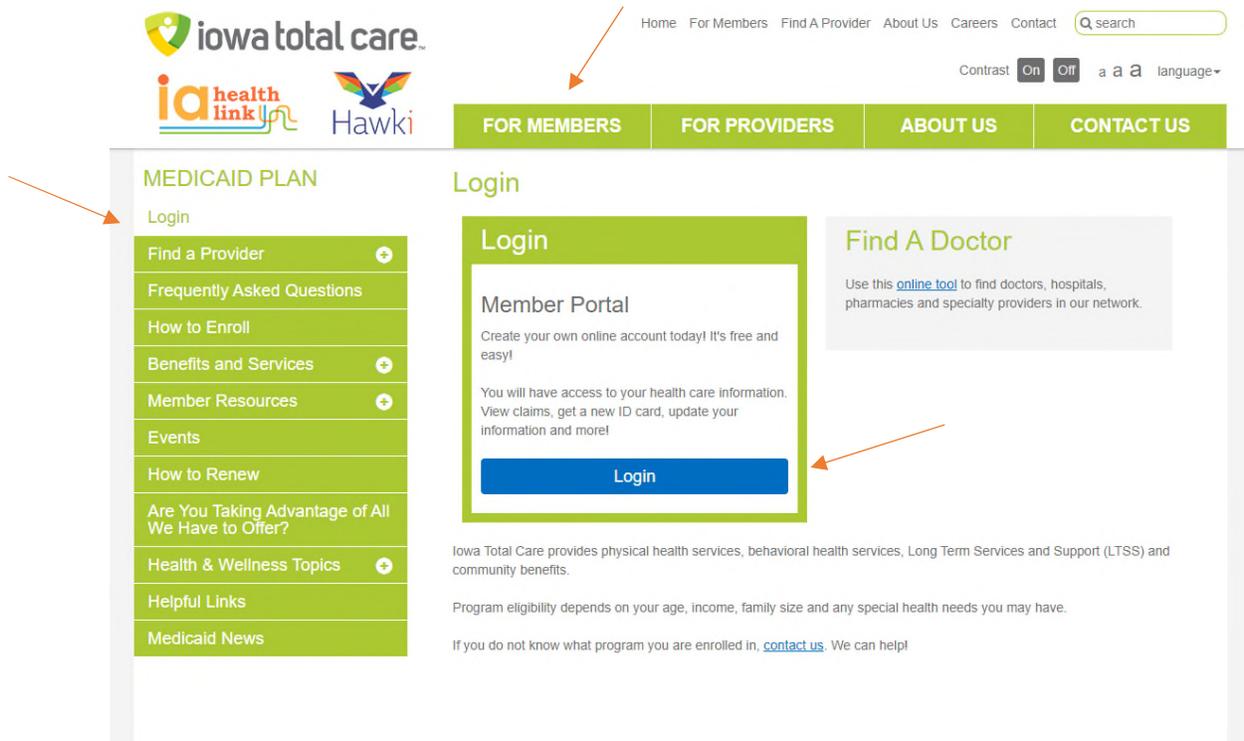
It's easy! You can complete a Health Risk Screening three ways:

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

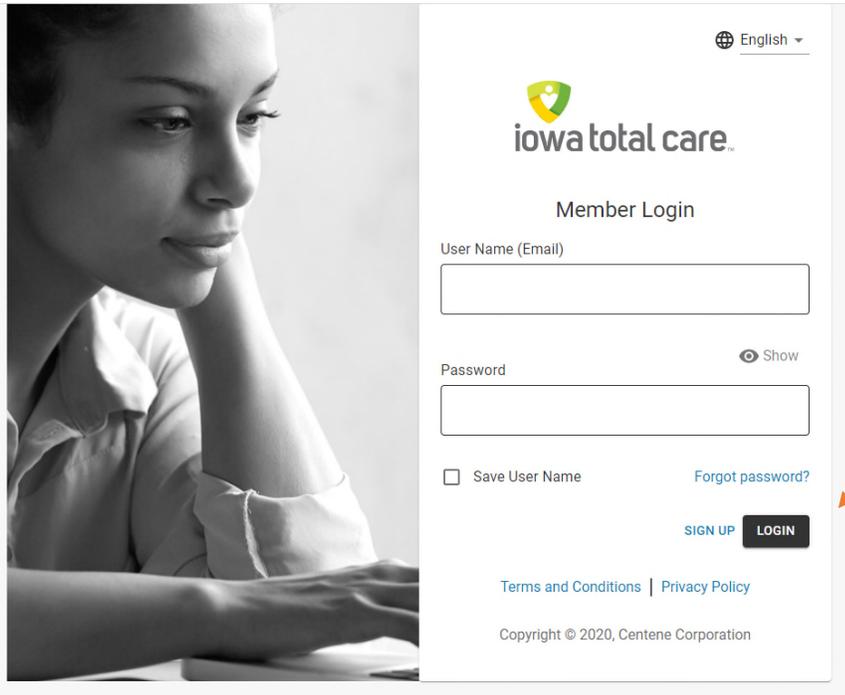
*Review the following steps to learn how to complete the HRS using the member portal and mobile app.*

## How to complete the Health Risk Screening using the member portal:

1. Go to [IowaTotalCare.com](http://IowaTotalCare.com). Click on **FOR MEMBERS**, and then select **Login**.



2. Log in to your account. If you don't have an account yet, you can sign up for a new one.



English

**iowa total care**

Member Login

User Name (Email)

Password [Show](#)

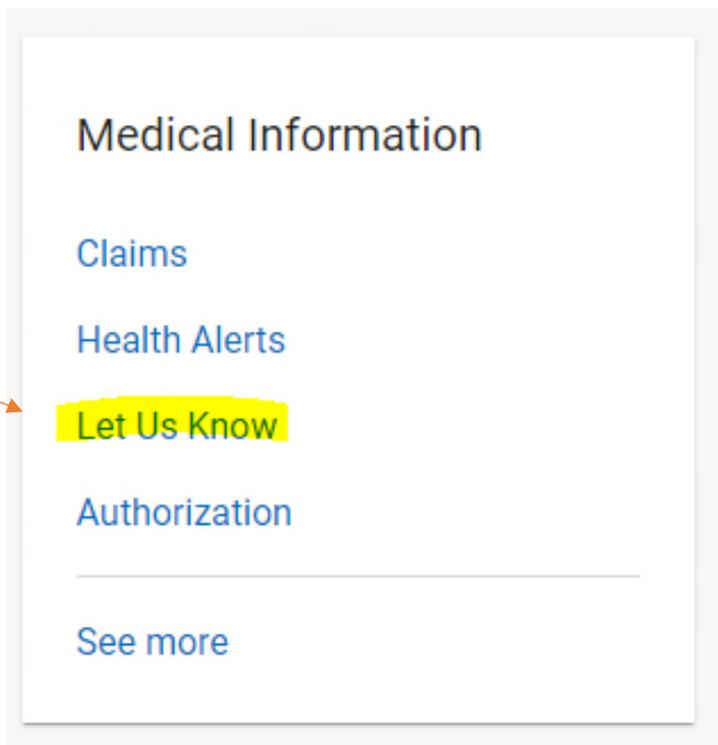
Save User Name [Forgot password?](#)

[SIGN UP](#) [LOGIN](#)

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



Medical Information

[Claims](#)

[Health Alerts](#)

[Let Us Know](#)

[Authorization](#)

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[See more](#)

4. Select **Fill Out Now!** to complete both the **Health Information Form** and the **ITC HRA Supplemental Assessment**.

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**Health Information Form (Age 18+)** [Fill Out Now!](#)

Please take a few minutes to fill out the assessment below.

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**Exception to Policy Request** [Fill Out Now!](#)

Please take a few minutes to fill out the assessment below.

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**HCBS Consumer-Directed Attendant Care Agreement (Form 470-3372)** [Fill Out Now!](#)

Please take a few minutes to fill out the assessment below.

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**Health Home Notification Form** [Fill Out Now!](#)

Please take a few minutes to fill out the assessment below.

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**ITC HRA Supplemental Assessment v2** [Fill Out Now!](#)

Please take a few minutes to fill out the assessment below.

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**Notification of Pregnancy – SSFB Web Only Member** [Fill Out Now!](#)

Please let us know if you are pregnant so we can help keep you and your baby healthy.

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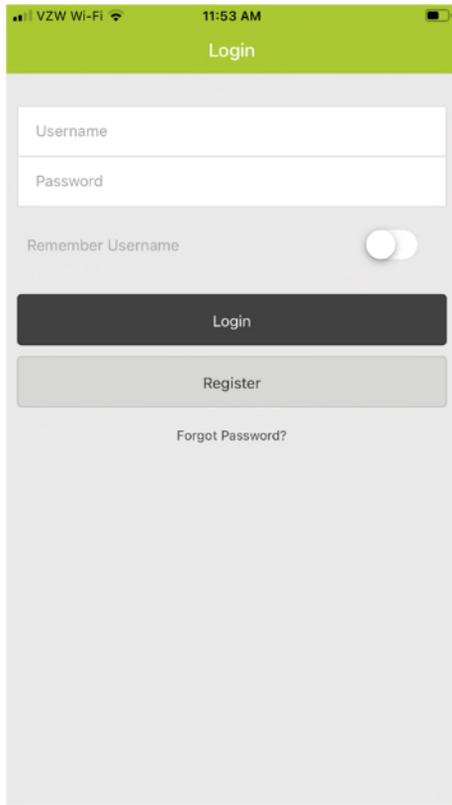


## How to complete the Health Risk Screening using the mobile app:

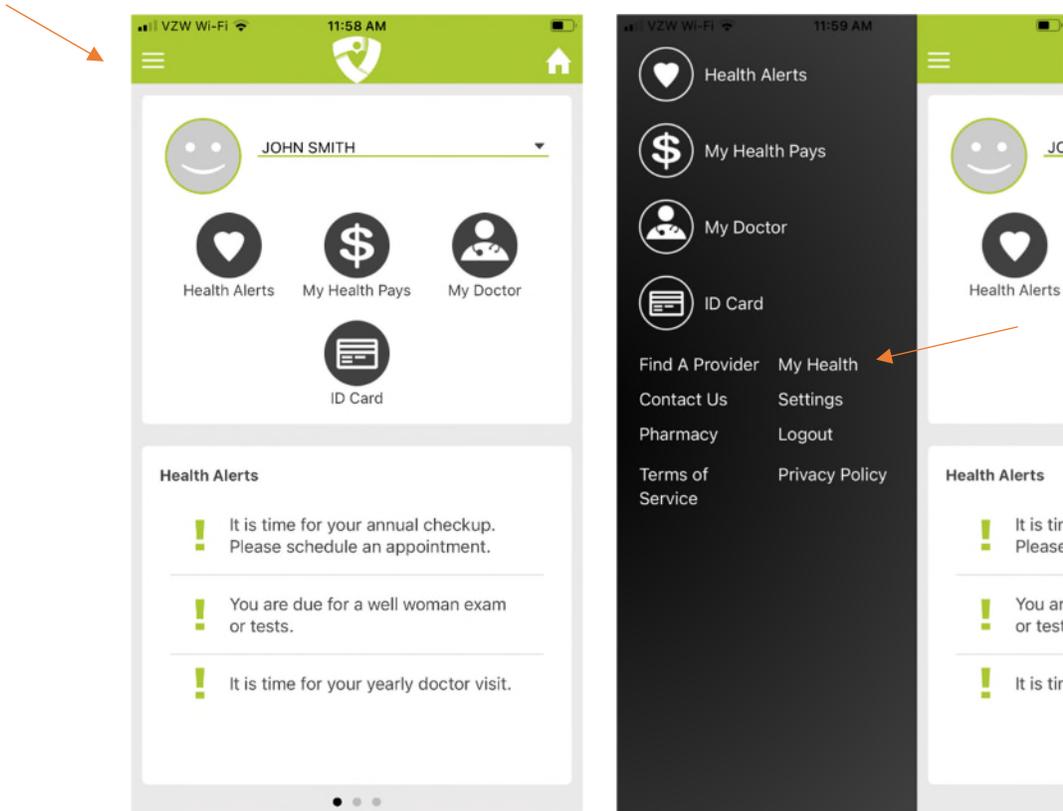
1. Download the Iowa Total Care mobile app on the [App Store](#) or [Google Play](#).



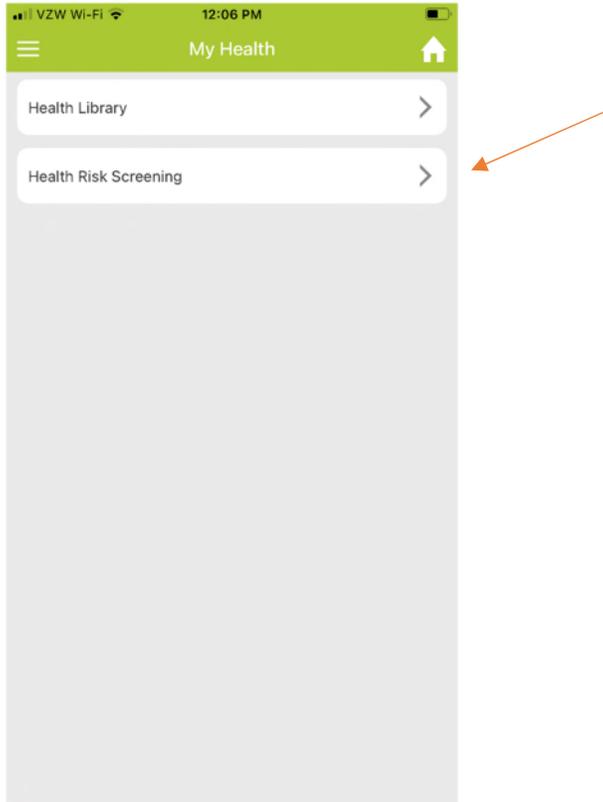
2. Sign in to your account or register for a new account.



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



4. Select **Health Risk Screening** and complete both the HRS and Supplemental Assessments.



### 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.