

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 reward if you complete this questionnaire within 90 days of becoming a member.**

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.

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

- Call us at **1-866-319-0170 (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. 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."**

How to Complete the Health Risk Screening Using the Mobile App

1. Download the Health Insurance Portal mobile app on the [App Store](#) or [Google Play](#).
2. Log in to your account. New to the app? Click Register to create an account.
3. Select **"Health Record"** and then **"Assessments."**