



November 2008

PARTICIPANT NAME
PARTICIPANT ADDRESS
CITY, STATE ZIPCODE

Dear Participant:

MO HealthNet (formerly Missouri Medicaid) is giving you the services of the Health and Wellness Program to help you take better care of your health. You are enrolled in the program based on your MO HealthNet participant status. MO HealthNet has asked APS Healthcare to work with you to offer these services.

The MO HealthNet Health and Wellness Program is **FREE** and **voluntary**. It does not change any of your MO HealthNet benefits. The Health and Wellness Program offers you a Nurse Health Coach who will work with you on your health. The nurse will give you health and wellness information over the phone and by mail. The nurse can also talk with you and your doctor about your doctor's care plan.

This letter is to let you know we have been trying to contact you by telephone to share information about the program and to check on your health, but we have not been able to reach you. It is important to measure your general health so we can help you live a healthier life and give you the right information.

We have enclosed a general health assessment that will help us understand how to help you. Please complete this easy assessment and mail it back in the enclosed stamped, self-addressed envelope. Please provide us with a phone number on the assessment form where you can be reached. If you can provide us with a phone number and we are able to reach you at that number, you will be eligible for a \$5 gift card mailed to you after you speak with our staff.

If you have questions about the MO HealthNet Health and Wellness Program or the enclosed assessment, please call us at **1-866-464-7147**. The call is **FREE**. If you are hearing or speech impaired, you can call Relay Missouri TDD at 1-800-735-2966 (TEXT) or 1-800-735-2466 (VOICE).

We look forward to hearing from you soon.

Sincerely,

MO HealthNet Health and Wellness Program staff
Our goal is to help you enjoy a healthy lifestyle.

*Para recibir esta carta y la información en español, por favor llame al numero de teléfono gratis **1-866-464-7147**.*