



Support for you and your child.

More for the whole family, all at no added cost.

Programs



Be Well. Eat Well.

Get fresh produce, cook with kid-friendly recipes, locate community resources and more.



Start Smart for Your Baby®

Get customized support when you need it. Our program was created to support you from pregnancy to delivery, and after your baby is born.



Caregiving Collaborations

Have access to online tools and talk with our care team through for extra support while you support others.



Doc's Kids Club

Doc's Kids Club is a free program for Iowa residents age 10 and under. The club provides literacy tips, activities and kid-friendly recipes every season.



Iowa Total Care Literacy Program

Access educational tools and discover community organizations that help support literacy in Iowa's youth.

Services



Language Services

Connect with interpreters over the phone or face-to-face. You can also have materials translated to your language of choice for you or your child.



Care Coordination Services

Get support for children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Psychosis and Schizophrenia.



Mental Health Support at School

Our partnerships with programs, such as Hazel Health, allow for school-based mental health services in school districts across Iowa.



[iowatotalcare.findhelp.com](https://www.iowatotalcare.com/finder)

Search for places by ZIP code that can help with food, housing, transportation, jobs, and more!

Resources



Foster Care Resources and Liaison

Our Foster Care team can provide the tools to ensure each child gets the care they need.



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, which includes discrimination on the basis of sex characteristics, including intersex traits, pregnancy or related conditions; sexual orientation; and sex stereotypes. | Iowa Total Care cumple con las leyes de derechos civiles Federales vigentes y no discrimina por motivos de raza, color de piel, nacionalidad de origen, edad, discapacidad, sexo (lo que incluye la discriminación por características relacionadas con el sexo, como rasgos intersexuales, embarazo o situaciones relacionadas), orientación sexual, ni estereotipos relacionados con el sexo. Iowa Total Care no excluye a las personas ni las trata de manera diferente por su raza, color de piel, nacionalidad de origen, edad, discapacidad, sexo (lo que incluye la discriminación por características relacionadas con el sexo, como rasgos intersexuales, embarazo o situaciones relacionadas), orientación sexual, ni estereotipos relacionados con 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)。