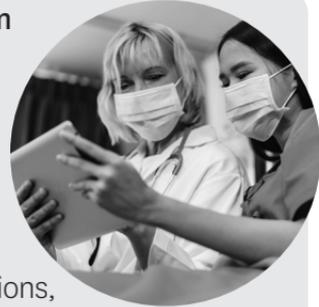


## Take Charge of Your Mental Health

Iowa Total Care offers a Transitions of Care team who can help you take charge of your mental health. A member of the team will contact you by phone to answer questions and provide support. Or, feel free to reach out to them at 1-833-404-1061 or [case\\_management@iowatotalcare.com](mailto:case_management@iowatotalcare.com) for any questions or assistance.

### Benefits of working with a Transitions of Care team member:

- Help schedule your 7-day follow-up visit with your provider.
- Find providers for needed services.
- Help you understand your Iowa Total Care healthcare benefits.
- Provide education on health conditions or medications, and how to manage them.
- Make referrals to providers for individual, group and family counseling sessions.



### Get \$30 for going to your 7-day behavioral health follow-up appointment

Following up with a behavioral health professional is important to your healing process, even if you are feeling better. In fact, we know this step is so critical to your health that we will give you \$30 on a My Health Pays® Visa card once you attend\* your 7-day follow-up appointment.

*\*Based on when claim is processed.*

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. | Iowa Total Care cumple con las leyes federales de derechos civiles aplicables y no discrimina en base a la raza, el color, el país de origen, la edad, la discapacidad o el sexo.

## These additional resources are available to you at no cost:

### Telehealth

24/7 access to medical care.

To use Telehealth:

1. Search “Babylon Health” in the App Store or Google Play to download.



2. Download the Babylon Health app.



3. Register by entering your personal information and code: ITC.

### Transportation\*\*

Rides to and from non-emergency medical appointments.

### Language Line

Interpreters for just about any language, including American Sign Language.

### Findhelp.org

Online tool to help find local resources, like food and housing.

### Free Cell Phone\*\*

Through Safelink Wireless.

\*\*Restrictions apply. Call Member Services for details.



### Member Services: 1-833-404-1061

Available Monday through Friday  
7:30 a.m. - 6:00 p.m. (Central Time).



Or you can email us anytime at [case\\_management@iowatotalcare.com](mailto:case_management@iowatotalcare.com).



### Website: [iowatotalcare.com](http://iowatotalcare.com)

Visit our website to see your health plan benefits, learn about valuable services, and more.

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). | 可以免费为您提供语言协助服务、辅助用具和服务以及其他格式。如需获得这些服务，请致电 1-833-404-1061 (TTY: 711)。