



# Health Coaching Services

**Manage your health conditions with Iowa Total Care. Get healthy and get rewarded!**

Iowa Total Care offers **FREE health coaching through Iowa Total Care's Healthy Solutions for Life program** for our members. The programs provide telephonic outreach, education, and support services. Learn how to manage your health condition and how to stay healthy. We provide services for many conditions, such as asthma, COPD, weight management, anxiety, high blood pressure, and more.

Members can earn **up to \$90 per year in My Health Pays<sup>®</sup> rewards**. You can use your rewards to shop at Walmart, Sam's Club or Hy-Vee stores. You can also use your rewards to help pay for utilities, transportation, cell phone bills, childcare services, education, and rent.

My Health Pays <sup>®</sup> Rewards for Health Coaching	
Initial intake assessment	\$10
Creation of care plan with measurable goals	\$30
Successful closure of care plan	\$50
<b>TOTAL POSSIBLE REWARDS</b>	<b>\$90</b>

Have any of these conditions? Health coaching can help!



## Respiratory

- Asthma.
- COPD.



## Cardiac

- Coronary artery disease.
- Heart failure.
- Hyperlipidemia.
- Hypertension.



## Diabetes

- Type 1.
- Type 2.



## Lifestyle

- Exercise.
- Nutrition.
- Stress.
- Weight management.



## Behavioral Health

- Anxiety.
- Depression.

Ready to enroll? Call 1-833-234-9026.

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.

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)。