

WHOLE you



August 2019

Calendar of Events:

8/22

Carnegie Stout Public Library Family Read-Along

6:30 p.m. – 8:00 p.m.

360 W. 11th St., Dubuque, IA

Story time event sponsored by Iowa Total Care.

Stop by for an evening of stories and fun. Best for ages 6 and under, though all are welcome.

8/25

ICubs Food Drive

Principal Park

Game Start Time - 1:08 p.m.

Bring three canned food items and receive one General Admission ticket. Ticket offer presented by Iowa Total Care.

8/28

Broadlawns Community Outreach

11:30 a.m. – 1:30 p.m.

1801 Hickman Road, Des Moines, IA

Stop by to get questions answered about your Iowa Total Care benefits.

See all upcoming events at IowaTotalCare.com.

Your healthy source for living well.

Welcome to your first newsletter! Use this as a way to stay updated on local events and your health plan benefits.

In this issue, learn how to beat allergies and manage asthma. Read tips for eating on a budget and getting the most value from your health plan. Then, enjoy a relaxing activity with some coloring sheets.

Check out our community events (left) and learn how you can get involved. We look forward to seeing you!

Be part of the Iowa Total Care Board

We are looking for a Medicaid member to have a seat on our board. If you or someone you know is interested in being a board member, please send us an email at ITC_marcomm@iowatotalcare.com.

In your email, answer the following questions:

1. Tell us a little bit about yourself.
2. What other community activities are you involved in?
3. Why do you want to be on our board?



Qualifications for board members are:

1. Individual must be a current Iowa Total Care Medicaid member, and
2. Must be able to attend one hour board meetings, in person or by phone, 2-4 times a year.

WHOLE you

Earn and Use Rewards With *my*healthpays™

**Your health insurance gives you important benefits.
But did you know you can also earn rewards?**

Gaining rewards with the My Health Pays™ program is easy. Protect your health by getting your yearly wellness exam, a flu shot or other annual screenings to get dollar rewards.

You can use your rewards on things like:

- Everyday items at Walmart®
- Utilities
- Transportation
- Childcare
- Education
- Rent

**Here are ways to
earn My Health Pays
rewards:**

Earn \$10 by getting your flu shot

Earn \$20 by getting a wellness exam each year

Earn \$20 by getting adolescent well-care

Earn \$20 by getting a mammogram

Earn \$45 by getting diabetes care

If you have any questions or need more information, visit IowaTotalCare.com or call Member Services at 1-833-404-1061 (TTY: 711).



Breathe Easy: Five Tips to Help Control Your Asthma

1

Create an Action Plan. Be prepared if your asthma gets worse. Make a plan with your Primary Care Provider (PCP). Learn the best way to take your medicine, how to avoid triggers and when to get help. If you have an attack, look back at your plan to understand what made your symptoms worse.

2

Tame Your Triggers. These are different for everyone. They include mold, pet dander and household cleaners. Write down how shifts in weather affect you. This will help you remember which seasons irritate your asthma the most. You can then limit outdoor activities during these seasons in the future.

3

Keep Moving. Physical activity can make lungs stronger and lower the risk of an attack. It can also make your quality of life better. Do warm-up exercises before going harder. If it's cold, wear a face mask to warm the air you breathe in. In extreme temperatures, choose an indoor activity instead. As with any exercise program, check with your PCP before starting.

4

Manage Medications. People react to medications differently. You may need to try a few types to find what works best for your asthma. The sooner you treat symptoms, the less severe they will be and the less medication you'll need.

5

Breathe Better. Watch for signs like wheezing or shortness of breath. These could mean you are about to have an attack. If you experience symptoms, breathing exercises can help you remain calm and in control. Talk with your PCP or look into our Asthma Care Management program to learn more.



Allergies Are Nothing to Sneeze At

Watery, itchy eyes. Sneezing fits. If you have allergies, you know how miserable this time of year can be. There are things you can do that can make you feel better this allergy season.

Allergy testing lets your doctor know what you're allergic to. That way a plan can be made to help you deal with allergies. Getting tested is a good first step to finding relief.

Additionally, what time you are outside and the weather can have a big effect on your allergies. Pollen levels are higher in the morning. So plan to be outdoors later in the day if possible. And if it's dry and windy, it is better to limit the amount of time you spend outside.

You can also learn about the amount of pollen in your area. Watch the local TV news during the weather report. Visit weather websites. There are also emails and other ways to check pollen levels near you.

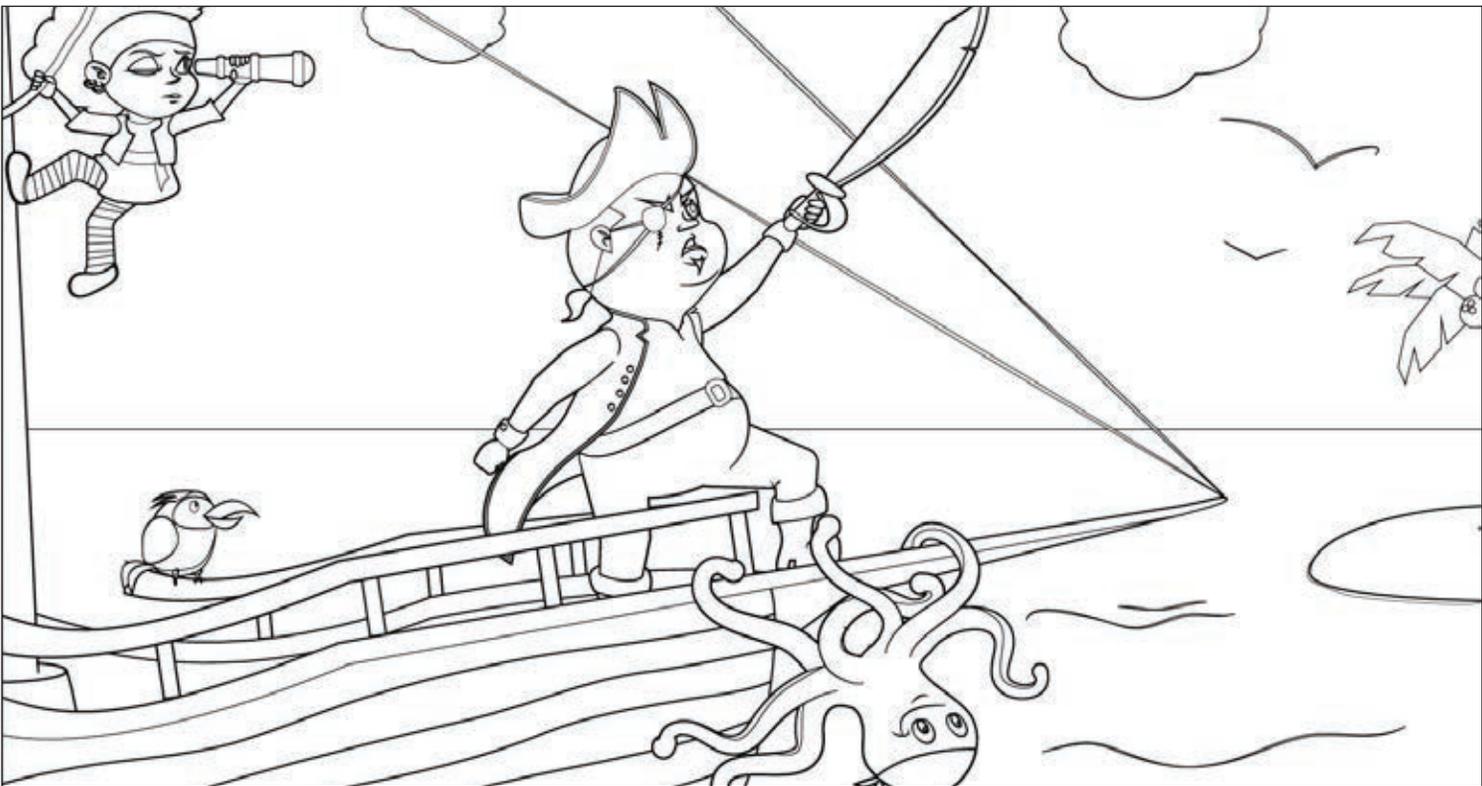
Open windows expose you to pollen and other allergens. Use your air conditioner when at home or riding in a car. Check and change your air filters to improve air quality. And keep your carpets and floors clean and dust-free.

Lastly, watch what you eat. Foods like sugar, wheat and dairy can make allergies worse. If you get symptoms like nausea, headache, dizziness, an itchy throat or wheezing, take note and avoid that food in the future. Don't forget to drink plenty of water to flush and hydrate your system.



Take a Coloring Break

You don't have to be a kid to enjoy the benefits of coloring. Recent studies have found that adults can use coloring to help with stress. It's like meditating. You switch your thoughts to coloring instead of worrying. Take a few minutes and relax with this coloring page. There is even another one for you to share with your child or a friend.



How to Eat Healthy and Shop Smart on a Budget



Healthy eating doesn't have to come with a high price tag. Check out these ideas for nutritious budget meals.

Choose wisely by selecting in-season and frozen fruits and vegetables. Check for price-per-pound deals on meat; consider buying larger portions and freezing what you don't use. Ask the butcher for lean and less expensive cuts. Beans are also an easy and affordable source of protein.

Discount grocers and farmers' markets offer healthy options at lower costs than other stores. Many of the same products are carried in other stores with different brand names.

Make a shopping list to cut down on impulse buys. Check the weekly sales of the grocers in your area to find the best deals on healthy options. Cut out or print coupons. Many grocers now have their own apps that let you make a shopping list. Then you can "clip" electronic coupons and view their advertised sales.

Cook once, eat twice. For example, whole chickens are usually a cheaper protein source that can extend into multiple meals.

Going in with a friend or family member to purchase bulk items helps keep your spending and food waste down. Freeze individual packs of food in freezer-safe storage bags for fast and easy food prep later.

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