

WHOLE you



October 2019

Calendar of Events:

10/10

**DMACC- Ankeny Campus
2019 Refugee Summit
2006 South Ankeny Blvd, Ankeny, IA
8:00 a.m. – 4:00 p.m.**

The 2019 Refugee Summit is a one-day conference of community members who want to learn how to serve our refugee communities better. We will have signage and pass out promotional items and answer questions.

10/23

**Broadlawns Hospital
Tabling Event
1801 Hickman Rd, Des Moines, IA
2:00 p.m. – 4:00 p.m.**

Iowa Total Care has a booth at Broadlawns every fourth Wednesday of the month to pass out promotional items and answer questions.

10/23

**Pediatric Integrated Health,
Tanager Place
Healthy Fall Festival
1030 5th Ave. SE, Suite 100,
Cedar Rapids, IA
4:00 p.m. – 6:00 p.m.**

Healthy Fall Festival for pediatric patients and their families with vendors, activities, healthy snacks, and pumpkin decorating. We will have signage and pass out promotional items and answer questions.

10/24

**Young Parents Network (YPN)
Resource Fair
1829 Stoney Point Rd SW,
Cedar Rapids, IA
5:30 p.m. – 7:30 p.m.**

Resource fair for families and children served by YPN. YPN provides resources for men, women, and children. We will pass out promotional items and answer questions.

10/17-20; 10/24-27

**Living History Farms
Family Halloween
11121 Hickman Rd, Urbandale, IA
5:30 p.m. – 8:30 p.m.**

A 32-year tradition, this event combines historical celebrations with modern Halloween activities. We will have signage and pass out promotional items and answer questions.

Welcome back to *Whole You*

from Iowa Total Care. We hope you enjoyed our last issue. As always, you can use this newsletter as a way to stay updated on local events and your health plan benefits, and improve your well-being.

In this issue, read tips for making **healthy breakfasts**. We'll also cover tips for getting the most **value from your health plan**. Lastly, learn **where to go for care if you get sick or hurt**.

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

See all upcoming events at IowaTotalCare.com.

WHOLE you

Make Your Health Plan Work for You

Your health is one of the most important things you have. Take care of your mind and body by using all of the benefits your health plan has to offer.

Check your vision.

At the eye doctor you will get tests to rule out any eye problems. Be sure to know your family medical history. If you need help finding an eye doctor, ask your primary care provider (PCP).



Manage your health.

Do you have a health condition such as cancer, high blood pressure or diabetes? Our care management team includes nurses and social workers who can help you learn how to take care of yourself.



Plan a wellness check.

Don't just visit your PCP when you have health problems. It's important to have an annual checkup to stay ahead of any health issues. If you've been feeling more tired than usual or having difficulty sleeping, your doctor can help find the cause.



Ask about vaccines.

When you're at the doctor's office, ask about shots you need. By getting these, you protect yourself and those around you. Keep in mind that some shots need "boosters" to continue working.



5 Foods that Will Start Your Day Right

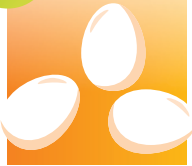
Kick your day off with a breakfast that's high in protein. This will help keep your energy up and improve your body's metabolism. It will also build and repair your muscles. Start using these foods in your breakfast and see how you feel:

1



Oatmeal. Oatmeal is full of protein and fiber. You can prepare it many different ways. Plus, it will keep you full until lunch! Increase protein even more by using milk instead of water to make it. Sprinkle fresh fruit and your favorite nuts on top to add some crunch and extra health benefits. Want a savory breakfast? Use oatmeal for your base, add some cheese and dust with pepper or other spices. Top with cut-up veggies like tomatoes, mushrooms and spinach. You can even toss in some turkey bacon or other lean meats to up the flavor and protein. The variations are endless!

2



Eggs. Eggs are an affordable protein source. They give you important nutrients like vitamins B2, B12 and D, iron and zinc. Eating eggs may help maintain healthy skin, improve the immune system and increase brain and liver function. Top your bowl of savory oatmeal with a freshly cooked egg. Try making hard-boiled eggs the night before for a quick breakfast to grab on your way out the door. You can even make a frittata ahead of time. Don't forget to sneak some veggies into your morning meal!

3



Greek Yogurt. Greek yogurt can help maintain muscle mass. It can also give new life to your hair and skin! Try creating your own peanut butter yogurt bowl. Start with yogurt as your base and add two tablespoons of natural peanut butter. Top off with chopped blueberries and bananas for fiber and potassium. Remember to choose plain yogurt to limit your added sugar.

4



Quinoa. People tend to think quinoa is more of a lunch and dinner food, but you can also enjoy it for your morning meal. It's a great source of iron, magnesium, vitamin E and fiber. It can reduce your risk of diabetes. It can also improve bone health. And, just like oatmeal, it's a great base for either a sweet or savory protein-rich meal.

5



Peanut Butter. This creamy spread is packed with protein. (It's also full of healthy fat. Be sure to measure it out to keep calories in check!) Try peanut butter, strawberry and banana quesadillas. Spread one tablespoon of natural peanut butter across two whole-wheat tortillas. Place banana and strawberry slices on one tortilla and sprinkle with cinnamon. Top with the second tortilla and press gently to help them stick together. In a skillet on medium heat, add the quesadilla. Cook each side for three minutes or until golden brown.

Know Where to Go for Care

Make sure you know where to get medical care when you need it. If you get sick or hurt, you have several options to get the care you need.



PRIMARY CARE PROVIDER (PCP)

Your PCP is your main doctor. Call the office to schedule a visit if you don't need immediate medical care.

See your PCP if you need:

- Help with colds, flus and fevers
- Care for ongoing health issues like asthma or diabetes
- An annual wellness exam
- Vaccinations
- General advice about your overall health



24/7 NURSE ADVICE LINE

Our 24/7 nurse advice line is a free health information phone line. Medical professionals are available to answer questions about your health. They can also help decide if you should see your PCP and assist with setting up your appointment.

Call our 24/7 nurse advice line if you need:

- Help knowing if you should see your PCP
- Help caring for a sick child
- Answers to questions about your health



URGENT CARE CENTER

Urgent care centers help diagnose and treat illnesses or injuries that aren't life threatening but can't wait until the next day. If your PCP's office is closed, an urgent care center can give you fast, hands-on care. Urgent care centers can also offer shorter wait times than an Emergency Room (ER).

Go to an in-network urgent care center for:


- Sprains
- Ear infections
- High fevers
- Flu symptoms with vomiting

Know Where to Go for Care

Use the chart on this page to help you decide your best care option.

! **Is your illness or injury life threatening?**
(Ex: shortness of breath, chest pains, bleeding that won't stop, poisoning, burns or a broken bone)

YES | **NO**

 **Call 9-1-1 or go to the ER.**

Immediately go to an Emergency Room for:

- Chest pains
- Bleeding that won't stop
- Shortness of breath
- Broken bones
- Poisoning
- Severe cuts or burns

 Do you have a physical injury or an illness like the flu, an ear infection or a fever?


YES | **NO**

Remember to check and make sure that a doctor, urgent care center or hospital is in our network, unless it is an emergency.


 Do you want to see a doctor? **OR**  Do you want to talk to a nurse for advice?

Is your doctor's office open?

YES | **NO**

 **Call your primary care provider (PCP)**
Set up an appointment to see your main doctor.

 **Go to urgent care**
Get quickly diagnosed and treated for less serious illnesses or injuries.

 **Call our 24/7 nurse advice line**
Get quick, reliable answers to your health questions.



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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)。