



IN THE COMMUNITY

Transforming the health of the community, one person at a time

June 2021 Edition

Welcome to Iowa Total Care’s (ITC) “In the Community” monthly newsletter!

This publication is designed to give you a glimpse of what ITC is about.

We take pride in our mission of transforming the health of the community one person at a time. We support the important work of Iowa’s community-based organizations.

Please share this newsletter with your community partners. Let’s connect to help Iowans!

 [Sign up for the newsletter!](#)



Well Child Visits

It is important to keep your child’s health and growth on track. Children need a well child visit, even when they are not sick. These visits can help uncover possible problems before they become serious.

Staying up to date on your child’s shots is just as important. Your child should get shots during a well child checkup. View the [CDC’s Vaccine Schedule](#) to see which vaccines your child needs.

Learn more at [IowaTotalCare.com](#).



Start the Summer with Doc’s Kids Club!

Kids 10 and under can join Doc’s Kids Club! It’s a FREE educational program for kids. It teaches kids all about smarter, healthier living. Plus, it’s open to any child age 10 and under—not just ITC members.



Visit [IowaTotalCare.com/DocsKidsClub](#) to sign up. New club members get a free kids activity book, ID card and sticker. Start the summer right—join Doc’s Kids Club today!

*Doc’s Kids Club is for Iowa residents only.

ITC In The Community



This June, We Celebrate...



PRIDE MONTH
2021

Pride Month

Happy Pride! Celebrate Pride Month by learning more about LGBTQ+ history as well as the health disparities that LGBTQ+ persons face. Visit [Youth.gov](https://www.youth.gov), [ADL.org](https://www.adl.org) and [History.com](https://www.history.com) to get started!



Juneteenth

Join us in recognition of June 19, which celebrates the end of slavery and honors the African Americans who built this nation! For more information, please visit [History.com](https://www.history.com), [HumanRights.iowa.gov](https://www.humanrights.iowa.gov) or [IowaJuneteenth.org](https://www.iowajuneteenth.org).



Men's Health Month

June is all about men's health and encouraging men to take care of their bodies! This Men's Health Month has specific emphasis on mental health and the disparities that men face. Find resources at [MensHealthForum.org.uk](https://www.menshealthforum.org.uk) and [MyStrength.com](https://www.mystrength.com).



Be Well. Eat Well. *Healthy living starts with healthy eating*

Be Well. Eat Well. is an Iowa Total Care initiative to promote healthy living through healthy eating. Check out our recipe this month for an easy and healthy treat!

Recipe of the Month: Berry Banana Popsicles

INGREDIENTS

- 1 cup strawberries, diced
- 1 medium banana, diced
- 2 cups nonfat vanilla yogurt

INSTRUCTIONS

1. Stir all ingredients together in a medium bowl.
2. Pour mixture into popsicle molds.
3. Freeze for at least 6 hours.
4. Run molds under hot running water until popsicles can pull out easily to serve.

TIPS

Use small paper cups and wooden sticks if you cannot find popsicle molds. Blend all ingredients in blender until smooth. Pour mixture into popsicle molds. Try with blackberries, blueberries, cherries or raspberries.



*This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the [Spend Smart. Eat Smart.® website](https://www.spendsmart.eat-smart.org).

Quick Links



Mobile App

Perfect for members on the go! Access benefits and your member ID card—all from your smartphone. Download the [Iowa Total Care](https://www.iowatotalcare.com) app to begin. Find it in the [App Store](https://www.apple.com) or [Google Play](https://www.google.com).



Member Portal

Access your healthcare information, claims, ID cards and more online. Go to [Member.IowaTotalCare.com](https://www.member.iowatotalcare.com). Create a new account or sign in—it's free and easy!

Member Story



Vaccine Sign-Ups Made Easy Over the Phone

One ITC member had difficulty signing up for a COVID-19 vaccine. The member received vaccine information from her care manager but had trouble calling to sign up. The care manager provided assistance through a three-way phone call. Together, they scheduled the member's vaccine for the next day! To celebrate their success, they did one more three-way call to inform the member's mother. They even set up transportation to the vaccination clinic.



ITC Celebrating Día del Niño (Day of the Child)

Doc the Dog helped the Des Moines Public Library celebrate Día del Niño at Birdland Park. Families learned about public services and resources for childhood literacy.



ITC Providing Resources for the Community



ITC provided materials to community members at a Hy-Vee and the John R. Grubb YMCA in Des Moines. Resource tables featured ITC's new coloring book and seed packets. It was all part of the **Be Well. Eat Well.** initiative, which promotes healthy living through healthy eating!

Quick Links



The Doctor is in 24/7*

Get 24/7* access to medical care at no added cost.

1. Download the **Babylon Health** app.
2. Use code **ITC** to register.

Schedule a virtual visit today! Find Babylon Health at the [App Store](#) or [Google Play](#).



Stakeholder Advisory Board

Any member can join the Stakeholder Advisory Board. They will receive \$25 for joining the next meeting on September 1, 2021. Visit [iowaTotalCare.com](https://iowatotalcare.com) for more info.

Meet Your Community Relations & Resource Teams

Iowa Total Care's Community Outreach Team

Have you had a chance to speak with a Community Relations individual? If so, you can now put a face with their name.

If you have not spoken with or met with an ITC outreach representative, we encourage you to reach out and discuss ways ITC may be able to support your organization.



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Iowa Total Care's Resource Team



Our team helps members address Social Determinant of Health needs. We do this by connecting people to community resources, like housing options. Please contact us with your questions—we're here to help!

Housing Specialists



Nicole Naab



Diane Tinker McCoy

Contact our Housing Specialists at
Housing_ITC@IowaTotalCare.com.



Resource Specialist



Kay Tannatt

Contact our Resource Specialist at
ITC_Resource_Referral@IowaTotalCare.com.



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