



IN THE COMMUNITY



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

December 2020 Edition

Welcome to Iowa Total Care's (ITC) "In the Community" monthly newsletter!

At Iowa Total Care, our mission is transforming the health of our community one person at a time.

Our Community Relations Coordinators help connect members to important educational resources. And we are here to support the important and valuable work of Iowa's community-based organizations.

Please share Iowa Total Care's newsletter with your community partners and connect with us!

 [Sign up for the newsletter!](#)

Save Lives. Donate COVID-19 Plasma.

Calling all COVID-19 survivors! You can save lives by donating your COVID-19 plasma.

People who have recovered or tested positive for COVID-19 antibodies may qualify to help others fight the virus. To learn more, visit [The Fight is in Us](#) or [LifeServe Blood Center](#) websites.



'Tis the Season

Not everyone will celebrate Christmas or Hanukkah in December. In fact, various religions and cultures will have ways of celebrating their own holidays, and a better understanding of these multicultural celebrations can help connect us with our community, members and their loved ones.

The Iowa Total Care family wishes everyone a safe, healthy and joyous holiday season.

ITC In The Community

Don't Let the Flu Get You!

Three easy steps to avoid the flu:

1. Get your flu shot!



Getting a flu vaccination is the best way to prevent the flu. Flu shots are most important for people at high risk and their close contacts. This includes:

- Children
- Pregnant women
- People with chronic health conditions such as heart disease, asthma, etc.
- People age 50 and older

Complications of the flu include pneumonia. The following people should get the pneumonia vaccine: adults 65 and older, people who have a chronic illness, have a weakened immune system or live in a nursing home. This vaccine protects against a bacteria which causes pneumonia as well as meningitis and bloodstream infections. This can be given at the same time as the flu shot if needed.

2. Keep your hands clean!



- Wash your hands with soap and water.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Don't touch your eyes, nose or mouth. This is how germs can spread.

3. Be a hero!



- If you get the flu, try and stay away from others.
- If you care for others who are at high risk, such as young children or older parents, get a flu shot.
- Take antiviral drugs to treat the flu.

Learn how Iowa Total Care members can get a [free shot](#) and also [receive rewards](#).

Krames Health Library

Want easy access to more than 4,000 health sheets on health and medications? Not sure what to do when you have a cold or the flu? Or what to do if you're expecting a child?

Search for these topics and much more on our Krames online health library. Visit [Krames on iowatotalcare.com](#) and learn more!

Quick Links

[Stakeholder Advisory Board](#)

Members can join Iowa Total Care's Stakeholder Advisory Board and get paid for their participation.

[Findhelp.org](#)

Connects individuals and organizations to important community resources.

[My Health Pays](#)

Members get rewarded for focusing on their health.

ITC In The Community

Helping a Member Stay Warm

An Iowa Total Care resource specialist helped a community member acquire a much-needed coat to stay warm this winter.

While cold weather does not necessarily cause colds, it can be an indirect cause. Cold weather can suppress immunity, induce asthma, and other respiratory diseases. So Iowa Total Care was happy to assist our member and keep her warm, hopefully healthy, during our Iowa winters. Though medication adherence, health literacy, and primary care visits are essential to our members' health, it's also important to address social determinants of health.

If you know of an individual experiencing food or housing insecurity, or in need of a resource information, please contact Iowa Total Care's Resource Specialists at ITC_Resource_Referral@iowatotalcare.com or call Iowa Total Care Member Services at 1-833-404-1061.



Sharing Warmth This Holiday Season

Iowa Total Care employees hosted a winter clothing drive last month! Iowa Total Care employees generously donated many new and gently used items, including coats, hats, gloves, shirts, pants, socks and shoes. The winter clothing collected was donated to a variety of organizations, and we hope it helps those in need stay warmer.

To find resource assistance in your community, please visit findhelp.org or contact Iowa Total Care's Resource Specialists at ITC_Resource_Referral@iowatotalcare.com or call Iowa Total Care Member Services at 1-833-404-1061.



Meet Your Community Relations Team Members!

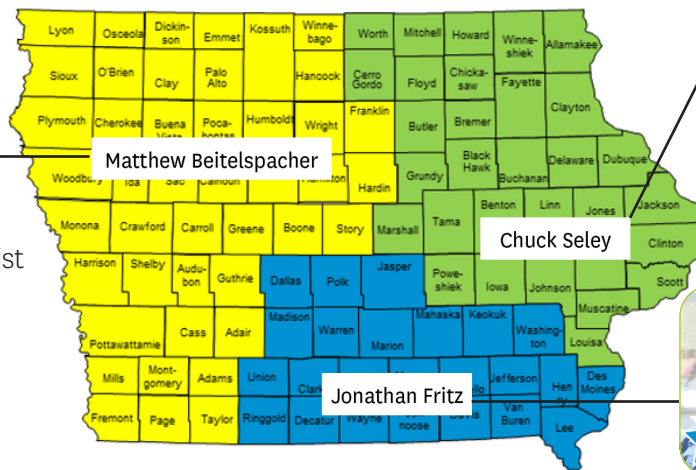
Below is ITC's Community Relations Coordinator regional territory map. If you've had a chance to speak with the Community Relations individual for your area, now you can put a face with their name.

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

Community Relations Territory Regions



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