



# IN THE COMMUNITY



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

February 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!](#)

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## Grant to Improve Accessibility to Healthcare

ITC is partnering with the National Council on Independent Living (NCIL) for a Barrier Removal Fund. The Barrier Removal Fund's goal is to improve members' access to quality healthcare. Providers can apply by visiting [NCIL's website](#). The deadline to apply is February 28, 2021. Visit the NCIL's website to learn more and share with providers who could benefit from improving access to their practice!

### Check Out ITC's Member Newsletters

Did you know ITC creates member newsletters four times a year? You can stay up-to-date on the latest programs, services and articles of interest to our members.

Missed a recent issue? No problem! All member newsletters can be found on [Iowa Total Care's website](#).



# ITC In The Community

## Vaping Prevention Contest for Teens



**TEEN VAPING FACTS**

Many teens use e-cigarettes because they believe they are less harmful than other tobacco products.<sup>1</sup>

PEOPLE WHO VAPE ARE FOUR TIMES MORE LIKELY TO START SMOKING CIGARETTES.<sup>2</sup>

Most e-cigarettes contain nicotine, which is **HIGHLY ADDICTIVE AND CAN HARM BRAIN DEVELOPMENT, WHICH CONTINUES UNTIL AGE 25.**<sup>3</sup>

**REASONS TEENS VAPE:**

- Easy to conceal shapes like USB drives, pens and everyday items
- Youth-friendly flavors like fruit, medley, mango, cool cucumber and mint
- Advertising and marketing efforts appealing to youth

Be the change and take action to solve the national public health epidemic. Develop a 30- to 60-second Public Service Announcement (PSA) with educational messaging to spread the word about the dangers of vaping.

Enter today! See reverse side for more details about the contest.

**VAPING PREVENTION CONTEST**

1. E-Cigarettes and Young People: A Public Health Concern. CDC, retrieved February 2016. 2. Association of Electronic Cigarettes Use With Subsequent Use of Tobacco Cigarettes in US Youths. JAMA Pediatrics. doi:10.1093/peds/kpw014. Retrieved February 2016. 3. Tobacco Use by Teens & Young Adults. Centers for Disease Control, February 2016.

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Students ages 14 to 19 are invited to enter the "Centene Institute Youth Impact Award: Vaping Prevention" to make a difference and for a chance to win a prize! The program challenges students to create a 30- to 60-second Public Service Announcement (PSA) about the dangers of vaping.

Did you know that youth vaping is a public health epidemic in the United States? Students can learn the facts and then use them to MAKE A DIFFERENCE.

The contest lasts from now until April 16, 2021. Visit [Centene's Vaping Prevention page](#) for complete rules and details. Please download and share the [Teen Vaping Flyer](#) with anyone who would be interested.

## How Oral Health Impacts General Health

Did you know your oral health can affect your general health? According to a [Mayo Clinic article](#), the state of your mouth, teeth and gums can impact your overall health. Since your mouth is the gateway to your digestive and respiratory tracts, it is important to keep it clean. Studies suggest oral bacteria and gum disease may play a role in these diseases:

- Endocarditis
- Cardiovascular disease
- Pregnancy and birth complications
- Pneumonia

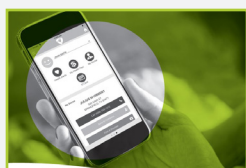
A good way to protect your general health is to protect your oral health!

Here are some tips:

- Brush your teeth at least two times a day.
- Floss every day.
- Replace your toothbrush every two months or sooner.
- Avoid tobacco use.



## Quick Links



**Stay Connected to Your Care**

The FREE mobile app puts these tools at your fingertips:

- View your ID card.
- Check your My Health Pays® reward balance.
- Find a doctor, hospital or urgent care clinic near you.

iowatotalcare.com

### Mobile App

Free to members who have a smartphone. It provides access to benefits and personal health information – anytime, anywhere! To learn more, visit [iowaTotalCare.com](http://iowaTotalCare.com).

Get paid for your opinion.

Join the Iowa Total Care Stakeholder Advisory Board!

As an Iowa Total Care member, you can receive \$5 each time you give a Stakeholder Advisory Board meeting.

- Join the meeting in-person, by phone, or by remote attendance.
- Mileage reimbursement or transportation provided, if needed.
- On-site child care available.
- Enjoy food and drinks.

**2021 SESSIONS:**  
March 2  
June 2  
September 1  
December 1

Seating is limited, so sign up today!

Call 1-833-404-1061 (TTY: 711) or visit [iowaTotalCare.com](http://iowaTotalCare.com)

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### Stakeholder Advisory Board

Through our Stakeholder Advisory Board, members can share their thoughts and ideas. Meetings take place across the state and online, so it is easy to attend. Visit [iowaTotalCare.com](http://iowaTotalCare.com) for more info.

## Recipe of the Month: Start Smart. Eat Smart.

### Stuffed Pasta Shells

#### INGREDIENTS

- 1 package (10 ounces) frozen chopped spinach, thawed
- 1 carton (12 ounces) cottage cheese
- 1 ½ cups shredded mozzarella cheese, divided
- 1 jar (24 ounces) pasta sauce
- 1 cup water
- 24 large pasta shells, uncooked

#### INSTRUCTIONS

1. Preheat oven to 375°F. Lightly coat a 13" × 9" × 2" baking dish with cooking spray and set aside.
2. Drain spinach by placing in a colander set over the sink or in a bowl. Press with a spoon to remove as much liquid as possible. Place spinach in a medium bowl.
3. Add the cottage cheese and 1 cup of the mozzarella cheese to the spinach. Stir to combine.
4. Pour half of the spaghetti sauce into prepared baking dish. Add water and stir to mix.
5. Spoon 1–2 tablespoons of cheese mixture into each uncooked pasta shell. Arrange shells in a single layer over sauce. Pour remaining sauce over top.
6. Sprinkle the remaining ½ cup of mozzarella cheese evenly over sauce.
7. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let stand 10 minutes before serving.

*TIP:* Make this recipe ahead. Complete steps 1–6, cover tightly and refrigerate for up to 1 day before baking.

Check out the  
Spend Smart.  
Eat Smart.  
website for more tips  
and easy recipes.



## Members Give Feedback

CAHPS® (Consumer Assessment of Healthcare Providers and Systems) is a member satisfaction survey. ITC participates in these member surveys in the spring. That means another survey is coming up!

When members receive the survey, they can provide feedback on the healthcare they have received. ITC values their responses, as we strive to improve member experiences. Select members will receive the survey. To learn more about CAHPS®, visit [AHRQ's website](#).



# ITC In The Community

## Member Story: Member Embraces Behavioral Health Support

It can be hard for ITC members—and people in general—to accept behavioral health help. This member’s story is one of acceptance.

At first, the member felt embarrassed to have behavioral health needs. She did not want her family, friends or church group to know she got help from an ITC Behavioral Health Program Specialist.

The Program Specialist counseled this member weekly. Her positive progress and growing confidence led to counseling meetings only every other week.

The member felt grateful that ITC made her comfortable with behavioral health. She even shared her story with her family, friends and church group. With support from ITC, this member learned to accept help and feel comfortable sharing her journey with others.



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## Iowa Total Care’s YouTube Channel



Head over to [Iowa Total Care’s YouTube channel](#) to watch our Community Relations team at work! The channel has helpful videos for everyone to enjoy. Learn about ITC’s benefits or tips for healthy living.

One of our favorite videos is [Iowa Total Care’s Value-Added Services](#). Listen as ITC employee, Matthew, gives an overview of some of ITC’s extra benefits, like free flu shots. Want something fun for the whole family? Check out [Healthy Living with Doc the Dog](#) to learn kid-friendly exercises and snack ideas. We look forward to sharing more videos this year!

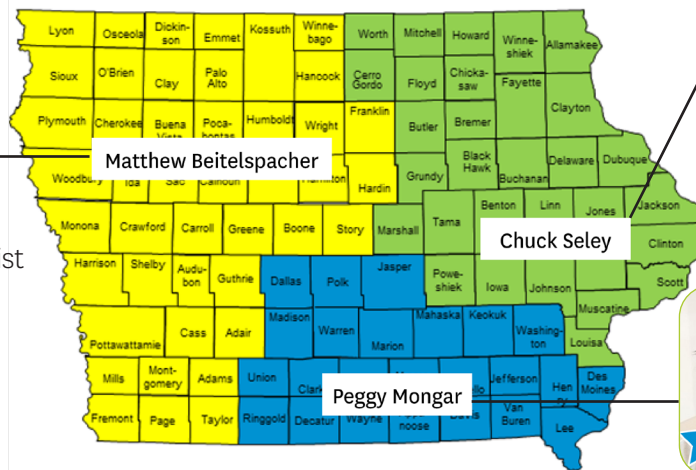


# Meet Your Community Relations Team Members!

Have you had a chance to speak with the Community Relations individual in your area? If so, you can now 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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