



IN THE COMMUNITY



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

January 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

Shots are a good way to keep children healthy. Children should get shots during a well-child checkup. Well-child visits are a perfect time to discuss a child's health, track growth and development, and get essential vaccinations. Shots are a covered benefit for Iowa Total Care members.*

Check out this [immunization schedule](#) which helps our members keep their child's shots on track.

*Visit iowatotalcare.com or contact Member Services at 1-833-404-1061 for more information.

Providing Quality Care

At the end of January, Iowa Total Care members will receive The Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey* in the mail. This is a chance for our members to tell us their experience with us and our network of providers. The results will inform us how to better serve them.

**English and Spanish options available.*

iowatotalcare.com

ITC In The Community

Iowa Total Care's Start Smart for Your Baby Program: Healthy Mom, Healthy Baby.

Iowa Total Care's [Start Smart for Your Baby](#)® program is designed to help ensure a healthy pregnancy for members and first year of life for babies. It promotes education and communication between pregnant members and our care managers.

A care manager is a nurse or a social worker who can help our members during their pregnancies. He or she can help find resources and answer questions about a member's pregnancy and medical care. Members also receive incentives for going to prenatal, postpartum, and well-child visits.



Healthy Eating on a Budget

Did you know that people who plan before they visit the store can save hundreds of dollars on food every year? Many people think healthy eating is too expensive. But there are lots of ways to eat healthy and not blow the budget. Making the choice to start eating healthy is step one. Step two is knowing what to buy and getting a shopping plan in place.

TIPS:

- Make a list – and stick to it!
- Check the labels.
- Buy items you can use more than once.
- Buy in bulk.

Recipe of the Month: Start Smart. Eat Smart.

Crock Pot Mexican Chicken Soup

INGREDIENTS

2 cans (14.5 ounces) diced tomatoes
3/4 cup dried black beans, rinsed
1 bag (16 ounces) frozen corn, thawed
3 cups water
1 teaspoon chili powder
1/4 teaspoon pepper
1 pound skinless and boneless chicken breast, thawed
Optional: baked tortilla chips, chili flakes, chopped cilantro, jalapenos, lime, sliced or chopped avocado, salsa, light sour cream, or shredded cheese

INSTRUCTIONS

1. Add all ingredients to the slow cooker. Cook for 4 to 6 hours on high. Or cook for 8 to 10 hours on low.
2. Remove chicken right before serving. Shred using two forks. Stir shredded chicken into soup.
3. Serve with choice of optional ingredients.

TIP: Use Mexican diced tomatoes to add spice.

Check out the [Spend Smart. Eat Smart.](#) website for more tips and easy recipes.

ITC In The Community

ITC Connects New Mother to the Right Care

Giving birth is a beautiful experience, which can spark powerful emotions. A new mother in a new town needed help for postpartum depression. She wasn't sure where to turn. Because of her move, she no longer had access to her previous doctors.



During her pregnancy, she had stopped taking her psych meds. In addition, she had a history of thyroid issues.

Within a week, her Iowa Total Care Case Manager helped connect her with a new Primary Care Provider (PCP). She received care for her thyroid and a referral to a psych provider.

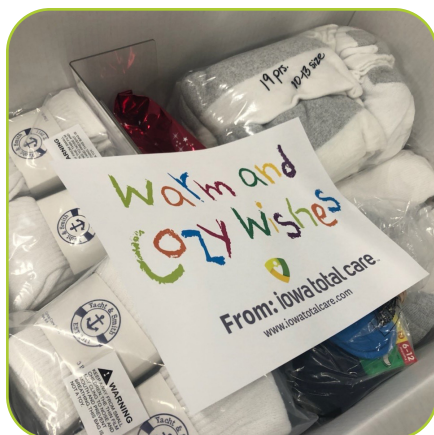
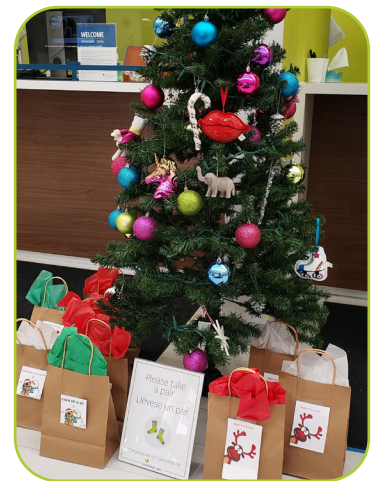
This new mom was able to get the care she needed to be healthier and happier.

The Iowa Total Care team strives to help our members get the services they need, when they need them. Transforming the health of the community, one person at a time.



FQHC Sock Donations

In December, the community relations team purchased thousands of pairs of socks. The new socks were donated to Federally Qualified Health Centers (FQHCs) across Iowa. Patients who visited these centers could grab a pair of socks to help keep them warm and cozy this winter. This is just another way we give back to the communities we serve.



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.



Matthew Beitelspacher
Community Relations Specialist
515-204-9481
matthew.j.beitelspacher@iowatotalcare.com



Chuck Seley
Community Relations Coordinator
515-657-1622
charles.seley@iowatotalcare.com



Nancy Thompson
Director, Marketing & Communications
nancy.h.thompson@iowatotalcare.com



Peggy Mongar
Manager,
Community Relations & Outreach
515-447-6147
peggy.mongar@iowatotalcare.com



Peggy Mongar
Manager, Community Relations & Outreach
515-447-6147
peggy.mongar@iowatotalcare.com



Carolina Cañas
Community Relations Coordinator
515-204-9481
carolina.canas@iowatotalcare.com

Stay In Touch!



Like us on Facebook



Follow us on Twitter



Sign up for newsletter