



IN THE COMMUNITY



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

March 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!](#)

Doc's Kids Club: Where Kids Become Super Readers!

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 to sign up. New club members get a free kids activity book, ID card and sticker. Join today!




Tips for Teens

Feeling lonely? Worried about a cold, the flu or COVID-19? You're not alone. Teenagers everywhere experience loneliness and illness uncertainty. Check out Iowa Total Care's [Teen Tips flyer](#) to learn what can help you take control of your health.

ITC In The Community

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 PaysSM reward balance.
- Find a doctor, hospital or urgent care clinic near you.

lowatotalcare.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 lowaTotalCare.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 join a Stakeholder Advisory Board meeting.

- Join the meeting in person, by phone, or by computer/remote.
- 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 1-833-404-3061 (TTY: 711) or visit lowatotalcare.com

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 lowaTotalCare.com for more info.

Vaping Prevention Contest for Teens

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 to Stop Smoking

Are you ready to make a change? Iowa Total Care offers free services to help members quit smoking. Call the Iowa Total Care Tobacco-Free QuitLine at:

- 1-800-QUIT-NOW (1-800-784-8669)
- TTY: 888-229-2182

[Enroll online](#) to access:

- Personalized phone coaching
- Text messaging support
- Quit medications
- And more!

Discover more smoking cessation resources at lowaTotalCare.com.



Recipe of the Month: Spend Smart. Eat Smart.

Confetti Rice & Bean Salad

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

INGREDIENTS

1 cup instant brown rice, uncooked
1 cup tomatoes, chopped (about 1 medium)
2 medium carrots (finely chopped or grated)
2 tablespoons onion (finely chopped)
1 cup frozen corn

1 can (15 ounces) black beans (drained and rinsed)
1/4 cup lime juice
1/4 cup oil (canola, vegetable or olive)
1/2 teaspoon salt
1/2 teaspoon ground black pepper

INSTRUCTIONS

1. Cook rice according to package directions and let cool.
2. Wash and cut up the tomato, carrots and onion while rice is cooling. Put the vegetables into a large bowl.
3. Add frozen corn to the bowl.
4. Drain and rinse black beans and add to the bowl.
5. Add cooled rice to the bowl.
6. Whisk together the lime juice, oil, salt and pepper in a small bowl. Pour this over rice and veggie mixture and stir gently to combine.
7. Refrigerate at least 30 minutes before serving to let flavors mingle.

TIPS

- Add color and flavor with 1 teaspoon cumin, 1 tablespoon dried parsley or 3 tablespoons fresh parsley (minced).
- Use as a side dish, pita or tortilla filling, dip for tortilla chips or filling for a lettuce wrap.
- Substitute one can of corn for frozen corn.
- Add one cup of cooked meat, chicken or fish for variety.
- This keeps 4 days in the refrigerator.

Eating Healthy on a Budget



Healthy eating doesn't have to come with a high price tag.

Discount grocers and farmers' markets offer healthy options at lower costs than other stores. Many of the same products are carried in other stores with different brand names.

Check out our [Eating Healthy on a Budget flyer](#) to learn more!

Reminder: those with SNAP benefits can take advantage of Double Up Food Bucks at participating Hy-Vees and Fareways. Learn more at the [Healthiest State Initiative's website](#).

ITC In The Community

Member Story: A Family of Five Finds The Answers



Members often seek help to understand their healthcare. Sometimes members seek answers from Iowa Total Care's front desk. In this case, a Spanish-speaking family of five needed help with their coverage.

Language barriers weren't an issue with support from ITC Member Advocates and Associates. Bilingual staff saw a chance to help. They quickly responded to interpret the family's needs.

ITC staff translated what the family wanted. With a short explanation, the family found the answers they needed. No translation was necessary when the family cheered, "¡Gracias!"

Interpreter services are provided free of charge during any service or grievance process. This includes American Sign Language and real-time oral interpretation. If you need something translated into a language other than English, please call Iowa Total Care at 1-833-404-1061 (TTY: 711). We can provide things in other formats such as Braille, CD or large print.



Iowa Total Care employees had a great time partnering with organizations this season. One of our favorite events was Short Years Partnership's Drive-Thru Baby Shower. The event collected gifts for 14 families and 15 babies. It was a happy celebration for future community members!

Another fun experience was a visit to Bidwell Riverside Center. ITC staff helped their food bank fulfill food and personal item orders for clients. They even got some help from puppy Doc.

Our staff looks forward to getting more involved this spring!



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.



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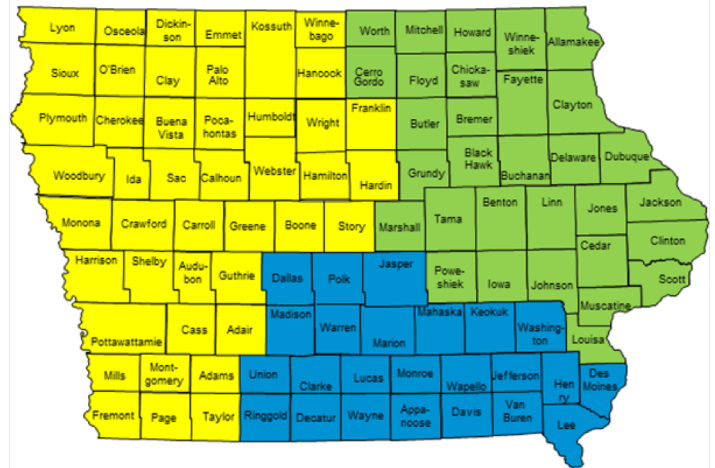


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Community Relations Territory Regions



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