



# IN THE COMMUNITY



## September

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

September 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!](#)



## SCHOOLS IN IOWA

### 100 Schools in Iowa

This year, one of our biggest initiatives is childhood literacy development. That’s why we’re excited to announce the launch of our 100 Schools in Iowa literacy program!

By providing fun ways to engage children in reading, this program allows us to partner with schools across the state—where education and literacy are key. We will be providing literacy toolkits to support student reading programs. To access FREE kid-friendly tools and activities, visit [iowatotalcare.com/docskidsclub](http://iowatotalcare.com/docskidsclub) today!



#### Keep Your Child on Track

The start of the school year is a great time to get your child on track with shots (immunizations). We offer shots as a covered benefit for members! Learn more at Iowa Total Care’s [Child and Teen Shots page](#).

#### Get Your COVID-19 Vaccine!

Looking for places to get your COVID-19 vaccine? Search online resources here at the [COVID-19 in Iowa website](#). For questions or concerns, call 1-833-404-1061 (TTY: 711) Monday through Friday from 7:30 a.m. to 6:00 p.m.

# A Healthy You

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

If you haven't heard, Iowa Total Care's **Be Well. Eat Well.** initiative is making a difference in communities across Iowa! Thanks to help from our outreach team, we've partnered with nonprofits, food banks and community gardens to provide Iowans with greater access to healthy, affordable food.

Check out ITC's features in the press by visiting the [Be Well. Eat Well. website](#). You can also find helpful tips and resources. Let's create a healthier Iowa together!



### Recipe of the Month: One-Dish Roasted Potatoes, Apples and Sausage

A scrumptious and easy one-dish baked meal that's perfect for chilly fall and winter evenings. *Makes 4 servings.*

#### INGREDIENTS

- 3 red potatoes or your favorite potato variety (about 1 pound)
- 1 tablespoon canola oil
- 2 red apples (Fuji, Pink Lady, Honeycrisp, Gala, etc.)
- 1 yellow onion
- 4 chicken herb link sausages (12 ounces)
- 2 tablespoons cider vinegar
- 1/2 teaspoon ground mustard
- 1 tablespoon honey



#### DIRECTIONS

1. Preheat oven to 425 °F.
2. Cut potatoes into chunks, place in 2-quart baking dish.
3. Drizzle with canola oil. Toss to coat.
4. Roast potatoes in oven for about 20 minutes.
5. While potatoes are roasting, cut apples and onions into chunks and cut sausage into 1/2-inch slices.
6. Remove baking dish from oven and reduce heat to 375 °F. Add all remaining ingredients to baking dish and toss.
7. Return baking dish to oven and roast an additional 30 minutes until apples and potatoes are tender.

*\*This recipe is provided by the U.S. Department of Agriculture. For more resources like this, visit the [SNAP-Ed Connection](#) website.*



### Open Choice Period Ends Soon!

Open choice period ends **September 30** this year. During this time, members can change their Managed Care Organization (MCO) for any reason. Members not wanting to change their MCO don't need to do anything! For questions, call Iowa Total Care Member Services at 1-800-404-1061 (TTY: 711).

### 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 app](#) to begin. Find it in the [App Store](#) or [Google Play](#).



#### Member Portal

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



# Giving Back to the Community



## Member Story: Helping Hands for Mom

A pregnant ITC member with three children aged seven years to eight months was in critical need of baby supplies.

Iowa Total Care helped her by acquiring and delivering baby supplies from an organization appropriately named "Mary's Helping Hands." The four large boxes ITC delivered to the mother's apartment contained not only baby supplies, but also educational puzzles and age-appropriate books for the children.



The mother and children expressed their gratitude, and their smiles stretched from ear to ear. The ITC representative who made the delivery left smiling, too. Gaining a smile by giving smiles is a rewarding job description.



**ITC  
ON THE GO**

[iowatotalcare.com](http://iowatotalcare.com)

**iowa total care**  
IOWA'S  
HELPING HANDS

### Back-to-School Support

It's back-to-school time, and we've been across Iowa to help families transition. We've provided school supplies at a drive-thru event in Davenport and helped celebrate Mason City's back-to-school block party. We've even got to participate in Drake University's back-to-school event for refugee families.

We're grateful we can support families during this time and wish everyone a safe and healthy school year!



### Member Baby Showers

ITC hosted a baby shower for expecting members in Cedar Rapids!

During the shower, we discussed Iowa Total Care benefits and even had a nurse present to answer any questions. There was food, drinks, cake and games! All members who attended left with a "Tiny Traveler" bag filled with 10 diapers, ITC pregnancy resource brochures, ITC thermometers, baby wipes, shampoo and lotion.

Learn how Iowa Total Care customizes the support and care pregnant members need through our [Start Smart for Your Baby® program](#).

## 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 December 1, 2021. Visit [IowaTotalCare.com](http://IowaTotalCare.com) for more info.

# 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.



**Nancy Thompson**

Director, Marketing & Communications  
[nancy.h.thompson@iowatotalcare.com](mailto:nancy.h.thompson@iowatotalcare.com)



**Peggy Mongar**

Manager, Community Relations & Outreach  
515-447-6147  
[peggy.mongar@iowatotalcare.com](mailto:peggy.mongar@iowatotalcare.com)



**Matthew Beitelspacher**

Community Relations Specialist  
515-204-9481  
[matthew.j.beitelspacher@iowatotalcare.com](mailto:matthew.j.beitelspacher@iowatotalcare.com)



**Linda White**

Community Relations Coordinator  
[linda.white@iowatotalcare.com](mailto:linda.white@iowatotalcare.com)

## 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](mailto:Housing_ITC@IowaTotalCare.com).



### *Resource Specialist*



**Kay Tannatt**

Contact our Resource Specialist at  
[ITC\\_Resource\\_Referral@IowaTotalCare.com](mailto:ITC_Resource_Referral@IowaTotalCare.com).

## Stay In Touch!

 Like us on Facebook

 Sign up for newsletter