



IN THE COMMUNITY

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

March 2022 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!](#)



Our Community Impact

We value our community partnerships and the positive impact we've made together. View how we supported community organizations last year in our [2021 Community Impact Report!](#)

Highlights include our **Be Well. Eat Well.** and **100 Schools in Iowa** initiatives, support during COVID-19, the [My Health Pays](#)® rewards program and more.



Limited Doula Services Currently Available

Doula services are currently available through the [Iowa Department of Public Health](#) to provide African-American and Black-identifying pregnant individuals with help during pregnancy and after birth. This program is available in Black Hawk, Dubuque, Polk and Scott Counties, and space is limited. Find the [contact](#) in your area to see if you qualify.

If you're pregnant, it's especially important to see a doctor in the first 12 weeks. Pregnant Iowa Total Care members can receive My Health Pays rewards when they complete a Notification of Pregnancy form. Learn more on our [Pregnancy Resources page.](#)

A Healthy You

March is National Nutrition Month!

We're dedicating this month to healthy eating! Join us by visiting our [Be Well. Eat Well.](#) page, where we have plenty of resources to help you be well by eating well:

- Cooking classes with kid-friendly, budget-friendly and diabetes-friendly options.
- Healthy recipes perfect for all seasons.
- Locations of community gardens near you.
- And more!



Is your toddler getting the nutrients they need to be healthy? Take this [Toddler Nutrition Quiz](#) to review the facts about mealtimes with toddlers.

Recipe of the Month: Diabetes-Friendly Sheet Pan Dinner

Help stabilize your blood sugar by balancing out your carbohydrates with plenty of fiber and protein! Check out this Eating Healthy with Iowa Total Care [recipe](#) by Hy-Vee Dietitian Amanda Allen.

INGREDIENTS

- 1 to 1½ pounds of chicken breasts (about two medium-sized chicken breasts)
- A few cups of your favorite vegetables (carrots and broccoli are used in this recipe)
- Olive oil (or oil of choice)
- Salt and pepper
- Italian seasoning

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Use a sharp knife to slice two chicken breasts in half to create four thinner breasts. Place breasts on a sheet pan covered in aluminum foil.
3. Slice vegetables into bite-sized chunks and spread across the sheet pan next to chicken.
4. Drizzle chicken and veggies with oil, then add some salt, pepper and Italian seasoning.
5. Cook in oven for about 20-30 minutes.



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](#).



[Transportation Services](#)

Don't have a way to get to your healthcare appointment? As an Iowa Total Care member, you could be eligible for rides to nonemergency medical appointments. Or, ask us about the mileage reimbursement program in advance of your appointment. Just call Iowa Total Care at 1-833-404-1061 (TTY: 711). Then press 2 for member services, then 1 for transportation. **Check out Iowa Total Care's new [Transportation Brochure](#) to learn more!**

Member Story

Member Story: Connecting Mind & Body

An Iowa Total Care member revealed to a physical therapist that chronic pain was causing anxiety and depression. The statement was noted and noticed in the clinical documentation.



Connecting mind and body, the Iowa Total Care staffer made a referral to Behavioral Health Case Management. The next step: matching the member's mental health needs to Iowa Total Care resources. All part of treating the whole person, not just the physical body.

Outcome in such cases is strictly confidential. But all-around, healthier individuals create healthier communities. That is what Iowa Total Care is devoted to long-term and demonstrates every single day by listening and connecting the mind with the body.

Find behavioral health support for children at iowatotalcare.com/docskidsclub under "Doc & Friends." Iowa Total Care members can use the [myStrength online tool](#) to get help for stress, anxiety, chronic pain and more.



Sign up for Doc's Kids Club to receive bilingual, kid-friendly learning tools every month.



Raising Readers in Story County

We are proud to partner with Raising Readers in Story County to provide children with quality, age-appropriate books and literacy programming.

Iowa Total Care's support will help Raising Readers continue to improve language and literacy development in children from birth to age eight, and nurture healthy parent-child relationships. Learn more about Raising Readers from [their website](#).



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!

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



Peggy Mongar

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



Matthew Beitelspacher

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



Linda White

Community Relations Coordinator
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.



Resource Specialist



Kay Tannatt

Contact our Resource Specialist at
ITC_Resource_Referral@IowaTotalCare.com.



Stay In Touch!



[Like us on Facebook](#)



[Sign up for newsletter](#)

