



IN THE COMMUNITY

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

July 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!](#)



Open Choice Period is Approaching!

Next month marks the start of open choice period, which runs from **August 1** through **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 1-833-404-1061 (TTY: 711).

Why choose Iowa Total Care?

- ★ Earn dollar rewards throughout your time as a member.
- ★ Get a free ride* to the doctor, pharmacy and more.
- ★ Start Smart for Your Baby® program supports new and expecting moms.
- ★ 24/7 Nurse Advice Line is available anytime to answer health questions.
- ★ Receive a free* phone from SafeLink Wireless.

*Just a few of the extra benefits
you get as a member!*

*Restrictions apply. Call
Member Services for
more details.



Sun Safety

Protect yourself from the sun! UV rays can damage your skin in as little as 15 minutes. You can protect yourself by wearing:

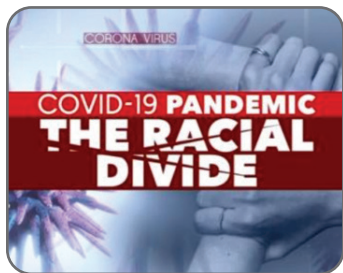
- sunscreen with SPF 15 or higher
- sunglasses
- long-sleeved shirts and pants
- a wide-brimmed hat

Don't forget to cover up even when it's cloudy! Learn more sun safety tips at [CDC.gov](https://www.cdc.gov).

[**iowatotalcare.com**](https://www.iowatotalcare.com)

ITC In The Community

This Month, We Recognize...



The Impact of COVID-19 on Minorities

COVID-19 has affected millions of people, but minority groups are disproportionately impacted. Factors that influence the health of racial and ethnic minorities are:

- Discrimination
- Occupation
- Income
- Housing
- Healthcare access and use
- Education
- Wealth gaps

Learn what you can do to promote health equity at [CDC.gov](https://www.cdc.gov).



Pandemic Relief for Iowa Foster Youth & Alumni

Iowa Department of Human Services (DHS) has a \$5 million pandemic relief fund for foster youth. Current and former foster youth (ages 18-26) can receive \$750! YSS is one group helping deliver this relief to those eligible.

Learn more at [iowaAfterCare.org](https://www.iowaAfterCare.org) and [YSS.org](https://www.YSS.org).



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

Be Well. Eat Well. is an Iowa Total Care initiative to promote healthy living through healthy eating. Check out our recipe this month for an easy and healthy meal!

Recipe of the Month: Black Bean Burgers



INGREDIENTS

- 1 can low sodium black beans (drained and rinsed)
- 1/2 cup bread crumbs
- 1 egg, beaten
- 1/4 cup onion, minced
- 1/4 teaspoon pepper
- 1 tablespoon oil
- Optional: cheese slices, lettuce leaves, mushrooms, onion, tomato, whole wheat bread or hamburger buns

INSTRUCTIONS

1. Mash beans with a fork.
2. Stir mashed beans, egg, bread crumbs, onion, pepper and oil together until combined. Shape into 4-inch patties. Wash hands.
3. Heat a skillet over medium heat. Spray with nonstick cooking spray.
4. Place patties in the skillet and cover with a lid. Cook patties for 5 minutes on the first side. Flip patties and cook for 4 more minutes on the other side.
5. Serve with optional ingredients.

TIP

Heat up the grill and cook these burgers outside when the weather is nice.

*This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the [Spend Smart. Eat Smart.® website](https://www.SpendSmartEatSmart.org).



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](https://www.AppStore) or [Google Play](https://www.GooglePlay).



Member Portal

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

Member Story

ITC Helps Keep the Community Healthy

Iowa Total Care employees volunteered to assist with COVID-19 vaccinations at Burlington Memorial Auditorium. The clinic was for Iowans age 65 years or older. ITC staff helped patients throughout the vaccine process.

Patients noticed how easily the process flowed. It made people feel comfortable to share stories. Topics included the Hawkeyes, grandkids, chores and travels. Their stories filled the room with gratitude and pride. People were content doing their part to keep their families healthy.

Employees present that day found solace in their volunteer work. It allowed them to transform the health of the community, one person at a time.



Volunteering at Four Oaks

ITC staff got to volunteer at Four Oaks in Ankeny! Employees helped brighten up the office with fresh paint, flowers and artwork.

Four Oaks believes that every child deserves to succeed. They serve children and families across Iowa's 99 counties! Learn more at [FourOaks.org](https://www.fouroaks.org).



Fun at Farmers Markets!



ITC staff made new friends at farmers markets in Davenport and Council Bluffs! We celebrated [Double Up Food Bucks](#) and provided resources alongside [The 712 Initiative](#).



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 September 1, 2021. Visit [iowaTotalCare.com](https://www.iowatotalcare.com) for more info.

Meet 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.



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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

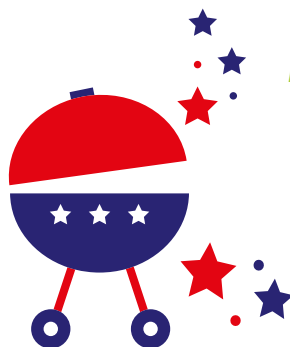


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Contact our Housing Specialists at
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Resource Specialist



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