



IN THE COMMUNITY



November

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

November 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!](#)



Get Your Flu Shot!

Protect yourself and those close to you. Join the millions of people who get a yearly flu shot to stay healthy. Find a doctor or pharmacy close to you today at [findaprovider.iowatotalcare.com](https://www.iowatotalcare.com/findaprovider).

Get Your COVID-19 Vaccine!

Looking for places to get your COVID-19 vaccine? Search online resources here at the [COVID-19 in Iowa](https://www.iowatotalcare.com/covid-19) 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.



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

Behavioral Health is Part of Children's Well-Being



According to Mental Health America, one in five children has a mental health condition. That's why it's good to know what can impact a child's behavioral health, also known as mental health or mental well-being.

A child's sense of safety, school, diet, family issues and genetics can all affect their well-being. Parents can talk to their child's doctor if they notice a change in how their child learns, plays, speaks or acts.

Children can practice improving their social-emotional health by using online activities and lessons. Find kid-friendly tools that help build social-emotional skills at [iowatotalcare.com/docskidsclub](https://www.iowatotalcare.com/docskidsclub) under "Doc & Friends." These resources are provided in collaboration with the [Iowa Alliance for Healthy Kids](https://www.iowaallianceforhealthykids.org) and their partner, [Sesame Street in Communities](https://www.sesamestreetincommunities.org).



A Healthy You



Healthy Eating Habits *Use these healthy eating habits to build on the ones you already have:*

Get Support – See if a co-worker, friend or family member is also interested in making healthy changes. Together you can share recipes and advice.

Take Notes – Consider keeping a food diary or use an app to track your current eating habits.

Have Fun – Suggest activities with friends that aren't food-focused. Maybe a walk through the park or a night of dancing.

Use Add-Ons – Add more fruits and vegetables to both your

meals and snacks. Whether it's a sliced banana on your favorite cereal or a salad for lunch, it's all good!

Make It Easy – Keep healthy snacks nearby, like air-popped popcorn or dry-roasted mixed nuts. Or, find a recipe you like and make your own!

Be Patient – Know that changing your eating habits will not happen overnight. Don't be discouraged if you have a "bad" day. This is about learning new ways to enjoy food and making small changes over time.



Be Well. Eat Well.

Put those new healthy habits into practice by checking out our [Be Well. Eat Well. page](#). It's a great resource to help you find access to healthy food, recipes and community gardens. As part of our Be Well. Eat Well. initiative, we like to partner with community organizations to help address food insecurity in Iowa. That's why we were excited to support [Feed Iowa First](#) at their event honoring 10 years of fighting food insecurity!

Recipe of the Month: Taco Veggie Skillet

Makes 4 larger servings.

INGREDIENTS

- 1 lb. 93% ground beef
- 1 cup assorted bell peppers, chopped
- 10 oz. Rotel diced tomatoes & green chilies—do not drain
- ¾ cup zucchini, chopped
- 3 cups spinach, chopped
- 1 pkg. low sodium taco seasoning
- 1 cup 2% reduced fat cheddar cheese (¼ cup per serving)
- Green onions and cilantro to garnish



DIRECTIONS

1. In a large skillet, brown ground beef and drain.
2. Add vegetables.
3. Stir in taco seasoning and cook for about 5 minutes until spinach is fully wilted.
4. Plate and add the cheese on top, then use a microwave to melt the cheese.
5. Add green onions and cilantro as garnish.

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: Sweet Outcome for Diabetic Member

An Iowa Total Care member was spared from running out of essential diabetic supplies when ITC contacted Diabetic & Equipment.

The member had failed to do the required face-to-face with the provider. Consequently, the supply chain had been interrupted by cancellation of the authorization. As soon as the patient was seen by her provider, the authorization was renewed.

Iowa Total Care's proactive involvement in making sure members have the medical supplies they need to stay healthy produced a "sweet outcome" for this diabetic member. Without delay, the member had what was needed.

Having a personal advocate who knows the rules and ropes for renewal is yet another benefit of having Iowa Total Care. How sweet it is!



Southwest Iowa Raise Me to Read

Last month, we got to celebrate the spooky season by supporting [Southwest Iowa Raise Me to Read's](#) October StoryWalk! This program provides a unique reading experience for young readers—they get to walk through nature while reading one page of a book at a time.

October's StoryWalk, "Creepy Carrots," was a perfect activity for families to enjoy this fall!



Short Years Drive-Thru Baby Shower

We were so excited to support a Short Years Partnership Community Baby Shower this season! [The Short Years Partnership](#) offers family support and parenting education services/programs in Warren, Dallas and Madison counties.

At Iowa Total Care, we are passionate about serving pregnant and new moms. That's why we designed our [Start Smart for Your Baby®](#) program to customize the support and care needed for a healthy pregnancy and baby! Eligible mothers can even receive a FREE breast pump!

Quick Links

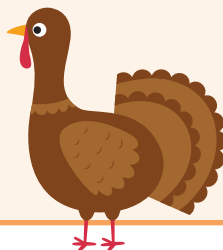


[The Doctor is in 24/7*](#)

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](#).



[Get Paid For Your Opinion!](#)

Any member can join the Stakeholder Advisory Board. They will receive \$25 for joining the next meeting on December 1, 2021. Visit [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



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](#)

