



# IN THE COMMUNITY



# SUMMER



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

Welcome to Iowa Total Care's (ITC) "In the Community" monthly newsletter!

July 2022 Edition

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!](#)

## Give Young Readers a "Head Start"



Iowa Total Care has launched the **100 Head Starts in Iowa** initiative to support young readers across the state. We're partnering with 100 different "Head Start" programs that promote school readiness in early childhood.

### How it works:

Iowa Total Care awards funds to Head Start programs, along with literacy toolkits featuring bookmarks, coloring sheets, flash cards and more.

### How it makes a greater impact:

100 Head Starts in Iowa is part of the greater **Iowa Total Care Literacy Program**, which brings literacy to life by providing FREE online activities to engage children in reading. It's thanks to our amazing partners that we can deliver literacy tools into the hands of early readers.

Visit [iowatotalcare.com/literacyprogram](https://www.iowatotalcare.com/literacyprogram) for fun and free summer learning materials for kids. And don't forget any child 10 years old and under can join [Doc's Kids Club](#) at any time!



## It's a Community Garden Summer!



Community gardens help provide for families across Iowa. They support communities through increased access to fresh food and other health benefits. Getting involved with a local garden is a great way for Iowans to take care of their community and their health! Our [Community Garden Guide](#) is a perfect place to start.

For those wanting more healthy eating support, visit [iowatotalcare.com/bewelleatwell](https://www.iowatotalcare.com/bewelleatwell). There are free cooking classes available under the **Eating Healthy with Iowa Total Care** section with budget-friendly, diabetes-friendly and kid-friendly options.

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



# A Healthy You

## Spread the Word!



If Iowa Total Care members are pregnant or thinking about becoming pregnant, they should follow these steps:

- Go before you show! Go to your doctor as soon as you think you are pregnant. Early and routine care will help and protect you and your baby.
- Complete an Iowa Total Care Notification of Pregnancy (NOP) form [online](#).
- Join our [Start Smart for Your Baby](#)<sup>®</sup> program for care and support throughout pregnancy.
- Keep healthy lifestyle habits! This involves exercising, eating healthy meals and resting for 8-10 hours each night.

Did you know you Iowa Total Care members can earn **My Health Pays**<sup>®</sup> rewards by going to the doctor and completing an NOP form in the first 12 weeks of pregnancy? To learn more, visit our [Start Smart for Your Baby](#)<sup>®</sup> website or call Member Services at **1-833-404-1061 (TTY:711)**.



## Recipe of the Month: Kid-Friendly English Muffin Pepperoni Pizzas



This kid-friendly **Eating Healthy with Iowa Total Care** [recipe](#) is fun treat for kids of all ages to try! More diabetic-friendly, budget-friendly and kid-friendly cooking class videos are available at [Be Well. Eat Well.](#)

### INGREDIENTS

- 1 English muffin (preferably whole wheat)
- Pizza sauce
- Shredded mozzarella cheese
- Pepperoni slices
- Chopped up veggies

### DIRECTIONS

1. Slice your English muffin into halves.
2. Spread about 1 tablespoon of pizza sauce on each English muffin half.
3. Sprinkle on some mozzarella cheese.
4. Personalize your pizzas by adding pepperoni and chopped veggies.
5. You can enjoy the pizzas cold or heat them in the microwave for 30-60 seconds (until the cheese is melted).



## 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 September 7, 2022.

Visit [iowatotalcare.com](http://iowatotalcare.com) for more info.



# Member Story



## Speaking of Approval

Iowa Total Care helped a community hospital through a transition period when it suddenly lost its speech therapist.

During the hospital's gap in hiring, new authorizations could not be submitted normally. Iowa Total Care began working with the hospital's authorization nurse to identify which of our members—children and adults—would need new forms submitted.

Through frequent communication, Iowa Total Care

helped the hospital navigate appointment approvals with visiting speech therapists by extending authorizations and changing end dates.

When a new speech therapist was finally hired, Iowa Total Care assisted with the process of prior authorizations. By sticking to one of Iowa Total Care's core beliefs—*local partnerships enable meaningful, accessible healthcare*—the hospital and its patients shared an outcome worth speaking of approval.



### Capital City Pride Fest

We loved joining the fun at the Capital City Pride Fest in Des Moines! Iowa Total Care is proud to

support Capital City Pride and the LGBTQ+ community in Iowa. If you would like to learn more about Capital City Pride's mission, please visit their website at [capitalcitypride.org](http://capitalcitypride.org).



### Central Iowa Shelter & Services (CISS)

Our Marketing & Community Outreach team helped CISS get its garden ready for summer! CISS provides low-barrier shelter, meals and support services at no cost

to adults experiencing homelessness. Learn more at [centraliowashelter.org](http://centraliowashelter.org).



### Literacy Toolkits

We've been delivering literacy toolkits to Head Start programs like Mid-Iowa Community Action in Marshalltown! Learn how our **100 Head Starts**

in Iowa initiative provides literacy development tools to early readers at [iowatotalcare.com/literacyprogram](http://iowatotalcare.com/literacyprogram).



### Baby Bloom Event

Our staff loved bonding with pregnant members at the Baby Bloom event in Des Moines! We shared baby supplies, swapped stories and got to talk about our **Start Smart for Your Baby®** program.

## 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](http://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.



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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 & Resource Specialists*



**Nicole Naab**



**Diane Tinker McCoy**

Contact our Housing Specialists at  
[Housing\\_ITC@IowaTotalCare.com](mailto:Housing_ITC@IowaTotalCare.com) or  
[ITC\\_Resource\\_Referral@IowaTotalCare.com](mailto:ITC_Resource_Referral@IowaTotalCare.com).



### *Health Equity Specialists*



**Olga Esparza**



**Kay Tannatt**

Contact our Health Equity Specialists at  
[C&L@IowaTotalCare.com](mailto:C&L@IowaTotalCare.com).



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