



IN THE COMMUNITY



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

May 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!](#)



Mental Health Awareness Month

May is Mental Health Awareness Month, and behavioral health support is important for everyone. Iowa Total Care offers an online tool for our adult members called **myStrength**, which can be found on our [website](#). This tool helps members build emotional strength, find stories of hope and receive support for the mind, body and spirit. Iowa Total Care members can also schedule virtual sessions to meet with behavioral health providers through the **Babylon app**. Learn more on our [telehealth page](#).

Social-emotional support is available for kids on the [Doc's Kids Club page](#). **Doc & Friends** shares Sesame Street in Communities resources that help kids develop skills like managing emotions and making good choices!

For more pressing behavioral health concerns, Iowa Total Care's **FREE crisis support line** can assist with depression, mental illness, substance use and other behavioral health needs. The toll-free phone number is **1-833-404-1061 (TTY: 711)**.

Additional mental health resources can be found on the [National Alliance on Mental Illness website](#), [Your Life in Iowa website](#), [Mental Health America website](#) and the [Iowa Healthiest State website](#).



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

A Healthy You

Mental Health Support for Pregnant Moms



If you're pregnant, it's especially important to see a doctor in the **first 12 weeks**. Early and routine care will help protect you and your baby. Pregnant Iowa Total Care members can receive **My Health Pays® rewards** when they complete a Notification of Pregnancy form.

Mental health resources are available on our **Pregnancy Resources page** under "Support for You." Find help with:

- Pregnancy and mood
- Connecting with your baby
- Relaxation skills for new and expecting parents
- Understanding your baby's temper
- Going back to work
- And more!

Visit our **Start Smart for Your Baby® website** or call **1-833-404-1061 (TTY: 711)** for more information.



Recipe of the Month: Diabetes-Friendly Greek Yogurt Egg Salad

This diabetes-friendly Eating Healthy with Iowa Total Care **recipe** is perfect for summer! More diabetic-friendly, budget-friendly and kid-friendly cooking class videos are available on our **Be Well. Eat Well.** page.

INGREDIENTS

- 6 hard boiled eggs
- 2 tablespoons green onion (diced)
- ¼ cup of plain Greek yogurt
- 1 teaspoon mustard
- Salt

DIRECTIONS

1. Boil eggs for about 10 minutes, then remove from water and peel once cooled.
2. Dice hard boiled eggs and green onions.
3. Place about two diced hard boiled eggs into a bowl. Add yogurt, green onion, mustard and salt to taste. Mix together.
4. Add the rest of the diced hard boiled eggs into the bowl and mix everything together.



HELLO
May

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 June 1, 2022.

Visit iowatotalcare.com for more info.

Member Story

Iowa Total Care Finds Support for New Mother

A new mother in a new town needed help for post-partum depression. She was in unfamiliar territory – all too familiar for many women after giving birth. She didn't know where to turn for professional assistance. And, she no longer had access to her previous Primary Care and Psychiatric Care Providers (PCPs).

During her pregnancy, she had stopped taking her psych meds and had not yet restarted. She also had a history of thyroid issues she wanted addressed.

An Iowa Total Care Case Manager helped get this member in with a new PCP within the week. Labs were performed for her thyroid, and a referral was made to a psych provider in the PCP's office for later that month.

In the play of life, motherhood is a wonderful role. But it does require a good supporting cast. Iowa Total Care was grateful to act as the support system for this new mother by keeping her on track for a healthy life with her child.

Please visit the [Start Smart for Your Baby® website](#) or call **1-833-404-1061 (TTY: 711)** to learn about support available for new moms.



Doc's Kids Club

Kids get FREE activities every month when they sign up for Doc's Kids Club! It's open to Iowa residents ages 10 and under—not just Iowa Total Care members. All new club members receive a free book, an official Doc's Kids Club ID card and sticker.

Kid-friendly reading tools and other fun resources are available at iowatotalcare.com/docskidsclub.

ITC ON THE GO

iowatotalcare.com



We got to celebrate **Día del Niño** with Primary Health Care, Inc. at Union Park in Des Moines! There were traditional dance performances, giveaways and exciting activities for kids. **Check out Doc's Kids Club for easy access to online activities for kids!**

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.



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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 & Resource Specialists at
Housing_ITC@IowaTotalCare.com
ITC_Resource_Referral@IowaTotalCare.com.



Health Equity Specialists



Olga Esparza



Kay Tannatt

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