



IN THE COMMUNITY



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

January 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!](#)

HAPPY 2022 NEW YEAR!

Making a Difference

In collaboration with community partners, Iowa Total Care participated in over **180** events in 2021. We couldn't have done it without the tireless efforts of our staff members and the generosity of community leaders across the state.

In 2022, we'll continue to support communities through our **Be Well. Eat Well.** initiative and **Iowa Total Care Literacy Program**. We're better together!

Learn about our **Be Well. Eat Well.** initiative addressing food insecurity at iowatotalcare.com/bewelleatwell. Find literacy resources for kids at iowatotalcare.com/docskidsclub.



Getting the COVID-19 Vaccine & Booster Shot

Looking for places to get your COVID-19 vaccine or booster shot? Search online resources at the [COVID-19 in Iowa](#) website. Find out if you can get the COVID-19 booster shot at cdc.gov.

For questions or concerns, call 1-833-404-1061 (TTY: 711) Monday through Friday from 7:30 a.m. to 6:00 p.m. Visit our [Flu Shots](#) page for information on the flu virus.



A Healthy You



Be Well. Eat Well. Cooking Classes



Iowa Total Care is excited to announce we are partnering with Hy-Vee to offer cooking classes to members! This will include classes for chefs of all levels, with recipe options that are:



- Diabetic-friendly
- Budget-friendly
- Kid-friendly

Stay tuned! These classes will go live later this season on our Be Well. Eat Well. website. Until then, visit the [Be Well. Eat Well.](#) page to find healthy recipes under "Cooking with Doc."

Recipe of the Month: Winter Black Bean Soup

INGREDIENTS

- 3 cups black beans, cooked
- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped (about 1/2 medium onion)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin (optional)
- 1 can (14.5 ounces) Mexican style diced tomatoes
- 1 cup water
- 1 tablespoon lime or lemon juice (optional)
- Nonfat yogurt or low-fat sour cream and cilantro for garnish (optional)

DIRECTIONS

1. Prepare beans as directed.
2. Heat oil in a large saucepan over medium heat. Add onion and cook. Stir until onion begins to soften (about 2 to 3 minutes). Add chili powder. Add cumin, if desired. Cook and stir for 1 minute.
3. Add tomatoes, beans and water. Bring to boil. Reduce heat and simmer for 10 minutes (covered).
4. Remove from heat and stir in lime or lemon juice, if desired.
5. Garnish before serving.

**This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the [Spend Smart. Eat Smart.® 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!

Member Story



ITC Pumps Extra Effort into Needs of Newborn in Homeless Shelter



Babies are born into circumstances over which they have no control. Such was the case of a newborn Iowa Total Care member. He lived with his mother in a homeless shelter. She needed a medical device—a breast pump—to supply him with the essential nutrients for a healthy start in life.

But, the mother was not a member of Iowa Total Care. That meant she wasn't technically covered by ITC's breast pump program.

That didn't stop the caring staff of Iowa Total Care from working a weekend miracle around the barrier to coverage. Explaining the situation up the executive chain, approval was granted to use the newborn's ITC plan to cover the cost of the mother's equipment.

The equipment was ordered for the mother within 48 hours of ITC staff giving voice to the voiceless. Another example of Iowa Total Care pumping extra effort into removing barriers to meet the needs of its members.



Homeless Shelter Sock Donations

Did you know socks are one of the most requested items for homeless shelters? This winter, Iowa Total Care helped address this need by providing gift cards to 20 homeless shelters throughout the state.

Because of the combined efforts of ITC staff and these 20 shelters, those in need are receiving support (and socks) to start overcoming barriers.



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 non-emergency 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!**

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.

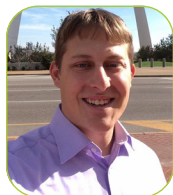
If you have not spoken with or met with an ITC outreach representative, we encourage you to reach out and discuss ways ITC may be able to support your organization.



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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



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.

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