



IN THE COMMUNITY



OCTOBER

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

October 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.

To find a doctor or pharmacy close to you, visit [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-in-iowa) 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.



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SCHOOLS IN IOWA

100 Schools in Iowa

This year, one of our biggest initiatives is childhood literacy development. That's why we're excited to announce the launch of our 100 Schools in Iowa literacy program!

Studies show that people with higher levels of education tend to live longer, healthier lives. This means access to educational and literacy tools is a Social Determinant of Health. We want to use 100 Schools in Iowa to provide students with greater access to literacy resources and healthier futures.

Every school selected for this program receives a \$500 gift card and literacy toolkit to support student reading programs. We're so excited to engage young readers in Iowa! To access FREE kid-friendly tools and activities, visit [iowatotalcare.com/docskidsclub](https://www.iowatotalcare.com/docskidsclub) today!

A Healthy You



Be Well. Eat Well. *Helping YOU Access Healthy Food*

Looking for fresh, local veggies from a community garden near you? Need help saving money while eating healthy? Want access to easy and kid-friendly recipes? We've got just the thing. [Be Well. Eat Well. page](#) is a great resource to help you find access to healthy food, recipes and community gardens. We've been working hard to share Be Well. Eat Well. tools with communities throughout Iowa. Download this [flyer](#) to learn more about our Be Well. Eat Well initiative.



“SMART” Snacking Tips for Kids

Nutrition is important for everyone, especially young students. Kids need the right kind of food to fuel their bodies while they learn. Hy-Vee's [SMART snacking tips](#) can help kids develop healthy habits to support their growth! Find kid-friendly recipes on our [Be Well. Eat Well. page](#) under "Cooking with Doc."

Recipe of the Month: Fall Veggie Casserole

Grab some fresh eggplant, tomatoes, green pepper and onions from the market and serve this veggie casserole with dinner that is topped off with Parmesan cheese. *Makes 8 servings.*

INGREDIENTS

- 5 1/2 cups eggplant, cubes (1 medium eggplant)
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons vegetable oil
- 1 clove garlic
- 2 tablespoons Parmesan cheese (grated)



DIRECTIONS

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.

**This recipe is provided by the U.S. Department of Agriculture. For more resources like this, visit the [SNAP-Ed Connection 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!

Giving Back to the Community



Member Story - On the Road to Independence

Lack of transportation can be isolating for those who live alone, even when that someone is an ITC member who is part of the long term services and support program.

Iowa Total Care helped a member who wanted to become active in his community while staying healthy. For him, getting a bike would lead to greater independence as well as community connection.

ITC assisted this member in his application to the Iowa Bicycle Coalition for a free bike suited to his height and weight. Within a week, he qualified and a bike was

available for him. ITC even helped him pick up his bike. The Iowa Bicycle Coalition also included a free helmet and biker's water bottle. All the ecstatic new biker needed next was a lock to protect his new possession.

Thanks to these two caring organizations, you might see this beaming ITC member riding his bike on the road to independence!



The Boys & Girls Club of Central Iowa

We are grateful to support the Boys & Girls Club of Central Iowa as they teach their club members all about healthy cooking! ITC was able to provide nutritious snacks and meals for club members, helping the kids develop healthy eating habits.

This even led to an exciting cooking competition!

You can find healthy recipes and tools for healthy eating at iowatotalcare.com/bewelleatwell.

ITC
ON THE GO

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iowa total care
IOWA HEALTH CARE



The Food Bank of Siouxland

Iowa Total Care is a proud sponsor of the Food Bank of Siouxland's BackPack Program! The BackPack Program provides backpacks filled with food to children in order to keep them fed over the weekends. Thanks to the Food Bank of Siouxland's efforts, 10 elementary schools receive the BackPack Program's support.

Visit the [Food Bank of Siouxland's website](#) to learn more.

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](#).



No-Cost* Transportation Services

Don't have a way to get to your healthcare appointment? As an Iowa Total Care member, you can get rides to nonemergency medical appointments at no cost. 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!**

*some restrictions apply

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Accessibility Update



Remember: members can use our Find a Provider Tool to help find providers and medical facilities that fit their needs at [findaprovider.com](https://www.findaprovider.com).
[iowatotalcare.com](https://www.iowatotalcare.com).

Over \$168,000 Donated to Improve Provider Accessibility

Iowa Total Care has partnered with National Council on Independent Living (NCIL) to grant providers funds to improve practice accessibility. This “Barrier Removal Fund” has allowed 14 providers to remove one of their care site’s identified barriers. This provides more ways for ITC members to get the care they need.

“Thank you and Iowa Total Care for the \$5,500 Barrier Removal Fund (BRF) grant,” said Patrick Peters, CEO of Guthrie Country Hospital, “Guthrie County Hospital, along with the Guthrie County patients that it serves, truly appreciate the awarding of the Iowa Total Care and NCIL Barrier Removal Fund (BRF) grant in the amount of \$5,500. The hospital completed a remodel of the front lobby that included the installation of automatic doors for the hospital in 2017. With the generosity of the Iowa Total Care and NCIL Barrier Removal Fund (BRF) grant, the hospital was able to add automatic doors at the hospital’s cardiac rehab entrance along with the connector door between the hospital’s lobby and emergency department. The addition of automatic doors in these high traffic patient areas truly did remove barriers. It is all part of our effort to improve patient accessibility to the medical services that they need. Thank you to Iowa Total Care for assisting Guthrie County Hospital in striving to accomplish our vision of: Continue to improve the health of the communities we serve.”



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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