



IN THE COMMUNITY



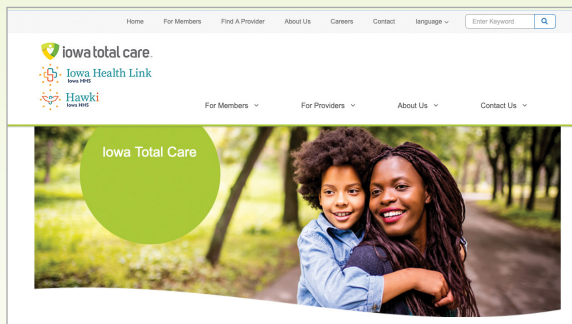
Transforming the health of the community, one person at a time

Welcome to Iowa Total Care’s (ITC) “In the Community” monthly newsletter! *November/December 2024 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!](#)



Visit Us online: IowaTotalCare.com

Have you visited IowaTotalCare.com lately? At the start of the year, our website was refreshed and stocked full of new resources and information.

Some of our latest updates on IowaTotalCare.com are:

- A full list of the [value-added services](#) that are offered to members.
- Information on [My Health Pays Rewards](#)[®] and how members can get rewards for focusing on their health.
- [Newsletters](#) to current on recent events and updates.
- Our [Community Impact page](#), full of Iowa Total Care’s annual reports and latest news.

Iowa Total Care in the News

ITC doesn’t just stand for Iowa Total Care – it also stands for our impacts In The Community. We are always working to enhance and build partnerships across Iowa.

Check out our latest appearances in the local news below!

- [DES MOINES, IA: Back 2 School Iowa joins Today in Iowa Sunday to discuss the back to school event](#)
- [DES MOINES, IA: Back 2 School Bash provides school supplies](#)
- [AMES, IA: ISU Extension and Outreach Programs Receive \\$100,000 Grant from Iowa Total Care](#)

Community Email Blast

Are you receiving Linda White’s community email blasts? Don’t miss out on great Iowa Total Care updates. Subscribe today by emailing Linda White at Linda.N.White@IowaTotalCare.com.

Iowa Total Care Completes Successful Season of Green To Go Community Health Fairs

2024 was our biggest year yet for our Green to Go Community Health Fairs! This year, we more than doubled the amount of Community Health Fairs, jumping from four events to ten. We served communities all across Iowa.

In conclusion, we were able to:

- Give out a total of 59,200+ pieces of fresh, free produce including peppers, potatoes, bananas, apples, and pears.
- Distribute 2,000 free kids' meals bags filled with non-perishable items.
- Work with 50+ community partners.

Iowa Total Care will continue our [Green to Go](#) outreach in 2025 to continue promoting healthy living through healthy eating.

GREEN TO GO



Recipe of the Month: Teriyaki Rice Bowl

[Video](#) | [Recipe](#)

INGREDIENTS

- 1 tablespoon oil (canola or vegetable)
- ¾ pound boneless chicken, beef, or pork (thinly sliced)
- 2 cloves garlic, minced
- 2 cups water
- ½ cup teriyaki sauce
- 2 cups instant brown rice, uncooked
- 1 16-ounce package frozen stir-fry vegetables

INSTRUCTIONS

1. In a large skillet, heat oil over medium-high heat.
2. Add meat; cook and stir for 5 minutes.
3. Add garlic, water, and teriyaki sauce and stir. Bring to a boil.
4. Stir in rice and return to a boil. Reduce heat to low and cover. Simmer 5 minutes.
5. Stir in frozen vegetables. Heat and stir 5 minutes.
6. Cover and let stand 5 minutes. Fluff with a fork.



Quick Links



Iowa Total Care Literacy Program

Access educational tools and discover community organizations that help support literacy in Iowa's youth!

Visit our [Iowa Total Care Literacy Program](#) page at [IowaTotalCare.com](#) to get started!



Food Resources

Find healthy recipes, community gardens, and additional food resources.

Visit our [Be Well. Eat Well.](#) page at [IowaTotalCare.com](#) to learn more!



Community Impact

At Iowa Total Care, we are strong believers in the power of local partnerships. We highly value all of our community partners and prioritize our community outreach.

Visit our new [Community Impact webpage](#) and follow along with our community impact initiatives!

Member Story: Advocating for ITC Members



An Iowa Total Care member's medically exempt status was about to expire. With concern, the member asked an Iowa Total Care review nurse if their upcoming bariatric (weight-loss) surgery would be covered by the current health plan. The surgery was only able to be covered if it was performed before the medically exempt status expired.

But there was another option: to have the primary care provider (PCP) approve an extension of the member's medical exemption.

The review nurse advocated for the member by contacting the member's Iowa Total Care case manager, primary care provider, surgeon, and involved case nurses. In doing so, the medically exempt status was extended, and the surgery was scheduled for a date when plan coverage would still apply. By giving extra effort, the review nurse not only made the member feel healthier, but reportedly "ecstatic."

Iowa Total Care Walks for a Cause with NAMI



This year's NAMI Walk in Des Moines was a big success, with more than 100 employees and family members from Iowa Total Care participating, earning the title of the largest team for the second consecutive year.

They were among 90 teams that helped raise \$159,738 to support mental health services in Iowa. See more photos on our [LinkedIn](#).



ITC
ON THE GO

iowatotalcare.com



Iowa Total Care Partners with University of Iowa for Shoes for Shots Program



This fall, Iowa Total Care partnered with University of Iowa Health Care for the Shoes for Shots Program. During this event, Iowa Total Care and the University of Iowa were able to:

- Educate parents on the importance of HPV immunizations and child well care visits.
- Distribute 25 pairs of shoes at three HPV clinics in Johnson County.

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!



Join Iowa Total Care on LinkedIn!

We would love to connect and share our community impact efforts with you. Follow us on [LinkedIn](#) to see our most recent outreach efforts, volunteer events and 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 & Resource Specialists



Nicole Naab



Diane Tinker McCoy

Contact our Housing Specialists at
Housing_ITC@IowaTotalCare.com or
ITC_Resource_Referral@IowaTotalCare.com.

Health Equity Specialists



Olga Ayala



Kay Tannatt

Contact our Health Equity Specialists at
C&L@IowaTotalCare.com.

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