

# Provider Newsletter

Quarter 4 - 2024



Welcome to the Iowa Total Care Provider Newsletter, where we share news, training opportunities and more with our provider network!

As your partner in health, we want to support YOU in delivering the highest quality of patient care. Together, we will continue to transform the health of the communities we serve, one person at a time.

## Proudly Caring for Iowan Families Since 2019

**Iowa Total Care** has been selected by the Iowa Department of Health and Human Services (Iowa HHS) to continue providing Medicaid managed care services under the **Iowa Health Link** program, which administers Iowa Medicaid, the Iowa Health and Wellness Plan, and Healthy and Well Kids in Iowa (Hawki), to eligible adults, children, and pregnant individuals statewide. The four-year contract is expected to begin July 1, 2025, with a possible two-year extension.

Iowa Total Care has provided compassionate and coordinated physical, behavioral, and long-term care to more than 218,600 Medicaid and Hawki members in 99 counties. With the renewed contract, Iowa Total Care will expand its home- and community-based services. Iowa Total Care is one of three managed care organizations to provide services.

“Our local approach and the innovative solutions we have delivered over the last five years to support the health of communities statewide have uniquely positioned us to expand our services to help even more Iowans,” said Iowa Total Care Plan President and CEO, Mitch Wasden. “We are honored to continue our commitment to, and work collaboratively with, the state and our community partners to support the health and well-being of our members.”

## Cervical Cancer Screening (CCS)

Cervical cancer remains a significant public health issue, despite being preventable through regular screening and human papillomavirus (HPV) vaccination. Each year, around 13,000 women in the United States receive a diagnosis of cervical cancer.<sup>3</sup> As a healthcare provider, your role in early detection is critical to reducing incidence and mortality rates.

Cervical cancer incidence rates have declined dramatically with the introduction of routine screening. However, these rates have stabilized over the past 10 years in part because women are not up-to-date with screening.<sup>1</sup> The American Cancer Society (ACS) indicate from 2012-2019, rates declined 11% each year in women ages 20-24.

According to the latest guidelines from the U.S. Preventive Services Task Force (USPSTF), cervical cancer screening recommendations include<sup>3</sup>:

- Women aged 21-29:
  - Complete a Papanicolaou (Pap) test every **three** years.
    - It is a recommendation not to have HPV testing as part of the screening for this age group.
- Women aged 30-65 have three options:
  - Complete a Pap test every three years,
  - Complete HPV testing every five years, or
  - Complete a Pap test combined with an HPV test every five years.
- Women over 65:
  - It is a recommendation not to screen members that have adequate prior screening and are not otherwise at high risk.

Adherence to these guidelines is important to help prevent most cervical cancer cases. It is crucial to ensure that members are aware of the importance of regular screening and follow the recommended schedules.

When healthcare providers emphasize the importance of screening adherence, it promotes health literacy. Educated members are more likely to engage in preventive care, follow through with recommended screenings, and take proactive steps in managing their health. This leads to better long-term outcomes and a healthier member population.

Closing health screening care gaps is our goal. Together, we can transform the health of the community one person at a time. We appreciate your partnership in this endeavor to improve and maintain the health of our community members.

### References

1. Haas JS, Vogeli C, Yu L, Atlas SJ, Skinner CS, Harris KA, Feldman S, Tiro JA. Patient, provider, and clinic factors associated with the use of cervical cancer screening. *Prev Med Rep.* 2021 Jun 23;23:101468. doi: 10.1016/j.pmedr.2021.101468. PMID: 34258177; PMCID: PMC8254123. [National Library of Medicine.](https://pubmed.ncbi.nlm.nih.gov/34258177/)
2. American Cancer Society. 2020. Key Statistics for Cervical Cancer. [Cancer.org.](https://www.cancer.org/)
3. National Cervical Cancer Coalition. Cervical Cancer Screening: Pap and HPV Tests. [Nccc-online.org.](https://www.nccc-online.org/)



**Stay informed and sign up for Iowa Total Care's Provider Newsletter!**

Visit Iowa Total Care's [Providers Newsletters page](#) and scroll down to the Stay Connected section and click Sign Up.

To receive provider news and resources enter the following information:  
 • Email address, • First and last name, and • Company name.

# Chlamydia Screening in Women (CHL)

Chlamydia is one of the most common sexually transmitted infections (STIs) among young people, particularly females ages 16-24. Regular screening is crucial for early detection and treatment, which can prevent serious health complications such as pelvic inflammatory disease, infertility, and chronic pain.<sup>3</sup>

The chart below outlines chlamydia cases as per 100,000 population for states in the Midwest and how they rank according to a 2022 report by the Centers for Disease Control and Prevention (CDC).<sup>2</sup>

Rank	State	Cases	Rate per 100,000 Population
37	Minnesota (MN)	22,072	386.1
30	Iowa (IA)	14,634	457.2
27	Kansas (KS)	13,935	474.4
23	Nebraska (NE)	9,627	489.2
15	Missouri (MO)	32,346	523.6
9	Illinois (IL)	71,564	568.8

## Recommended Actions for Providers:

- Incorporate screening into routine visits.
  - Make chlamydia screening a standard part of annual wellness exams and visits.
- Utilize electronic health records (EHR).
  - Leverage your EHR system to identify eligible members and track their screening status.
  - Set reminders for upcoming screenings as needed.
- Educate members.
  - Discuss the importance of STI screening with your patients.
  - Address any concerns and emphasize the benefits of early detection and treatment.

- Document and follow up.
  - Ensure accurate documentation of screening results and provide timely follow-up care, and if detection of chlamydia, include treatment.

According to the National Committee for Quality Assurance (NCQA), the Healthcare Effectiveness Data and Information Set (HEDIS) chlamydia measure includes women ages 16-24 who identify as sexually active and who had at least one test for chlamydia during the measurement year.<sup>1</sup>

## Two methods identify sexually active women:

- Pharmacy data.
  - Distribution of prescription contraceptive(s).
- Claim/encounter data indicating sexual activity.
  - Diagnoses indicating sexual activity (not laboratory claims).
  - Procedures indicating sexual activity.
  - Pregnancy tests.

Iowa Total Care needs your help to spread awareness and promote recommended annual screenings. Members rely on their providers and the recommendations they make. As the member's provider, you can make a real difference by providing educational information, informing members that chlamydia testing is a routine part of preventive care, and that sexual health is normal.

Your efforts in prioritizing chlamydia screening are vital to the health and well-being of our young members. By adhering to these practices, your help ensures better health outcomes and contributes to the overall quality of care.

## Resources:

1. NCQA. Chlamydia Screening in Women (CHL). [NCQA.org](https://www.ncqa.org).
2. CDC. Sexually Transmitted Infections (STIs). [CDC.gov](https://www.cdc.gov).
3. CDC. Sexually Transmitted Infections Treatment Guidelines, 2021. [CDC.gov](https://www.cdc.gov).

## Trainings

Iowa Total Care is excited to offer behavioral health, physical health, and long-term services and supports trainings for all Iowa providers – at no cost!

### Identifying and Supporting Individuals at Risk for Suicide

The purpose of this training is to empower you with the knowledge and skills to identify and support at-risk individuals, allowing for timely and effective support. This course is accredited by Centene Institute for Advanced Health®.

By the end of the training, providers will be able to:

- Describe behavioral, environmental, situational, and societal factors that increase suicide risk.
- Assess suicide risk and display use of safety supports using evidence-based risk tools.
- Identify and strategize postvention strategies for support and wraparound suicide prevention care.



## Session Information

[View session & register](#)

## Session Length

Self-paced.

## Continuing Education (CE) Information:

ANCC Credits: The Centene institute for Advanced Health Education designates this internet activity (enduring material) for a maximum of 1.5 ANCC contact hours.

# Race, Ethnicity and Language (REL) & Sexual Orientation and Gender Identity (SOGI): End of Year Data

Iowa Total Care tracks REL and SOGI data through monthly, quarterly, and annual reporting. We want to make sure we are sharing our rich and diverse membership with our providers. The information below provides tips to find a member's language, the top languages spoken or requested at Iowa Total Care, and charts depicting REL and SOGI numbers for year-end data for 2024.

## Language

Need to find a member's preferred language? To find a member's preferred language:

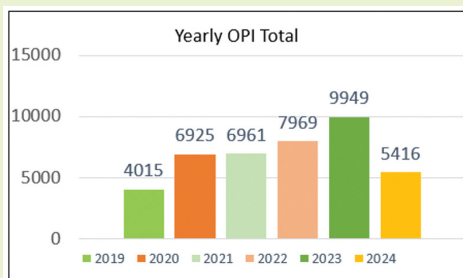
- Log into the [provider portal](#) and review their listed language,
- Visit Iowa Total Care's [Language Assistance page](#) and have the member point to their language, or
- Work with the interpreter service to identify the right language.

Below are the top five non-English-speaking languages served through Iowa Total Care, which closely align with the top five languages spoken in Iowa.

- Spanish
- Arabic
- Karen
- Swahili
- French

The overall top five language requests Iowa Total Care receives for over-the-phone interpretation (OPI) include:

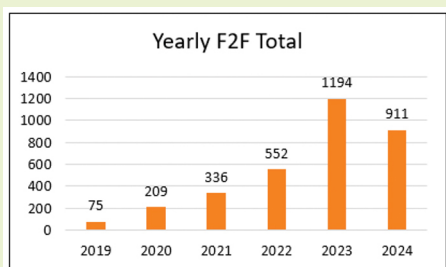
- Spanish
- Bosnian
- Arabic
- Swahili
- Karen



The chart above reflects previous and current year Iowa Total Care received for OPI requests. As of July 2024, there have been 5,416 OPI requests.

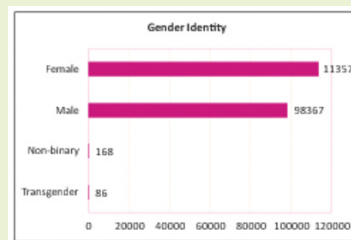
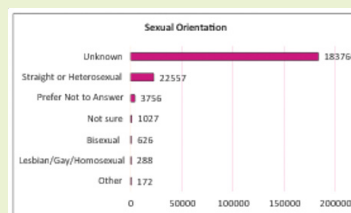
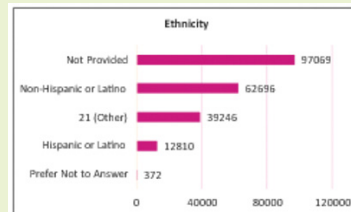
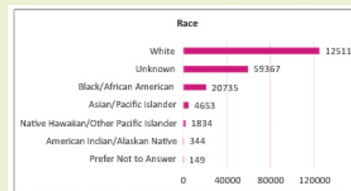
The overall top five language requests Iowa Total Care receives for face-to-face (F2F) interpretation include:

- Spanish
- Bosnian/Croatian/Serbian/Serbo-Croatian
- American Sign Language
- Arabic
- French



The chart above reflects previous and current year Iowa Total Care received for F2F requests. As of July 2024, there have been 911 F2F requests.

## Health Equity Membership Population Overview



### Data Highlights

**YTD Membership:** 212,192

**Top 4 Reported Languages:** English, Spanish, Swahili and Karen

**Top 3 Age Groups:** 31-45, 46-64 and 21-30.

**Top Ethnicity:** Non-Hispanic/Latino

**SOGI Data:** Members continue to report SOGI data.

**Sexual Orientation:**  
 Largest group after unknown: Straight/heterosexual: 22557  
 Bisexual: 626  
 Lesbian/Gay/Homosexual: 288  
 Prefer not to answer: Only 3756

**Gender Identity:**  
 Largest group female  
 Non-binary: 168  
 Transgender: 86

The Health Equity Membership Population Overview graph represents Iowa Total Care's current membership data on race, ethnicity, sexual orientation, and gender identity. Data highlights include current total membership and gender identity, age, and sexual orientation information.

We'll continue to share our diversity statistics at least annually with you. If you have questions or request additional information, please reach out to: [C&L@iowatotalcare.com](mailto:C&L@iowatotalcare.com).

### Your Iowa Total Care Support Doesn't Stop There

[IowaTotalCare.com](https://www.iowatotalcare.com) provides essential information including:

- Member surveys,
- Health equity resources,
- Language services and resources,
- Provider credentialing rights,
- Utilization management process,
- How to access care management services,
- Your rights, and
- Other sources of support.

Visit our [Providing Quality Care page](#) for additional information on health equity. If you have additional questions or need specific support, call Provider Services at 1-833-404-1061 (TTY: 711).



## Vaccination Season

It is not too late for members to get vaccinated this season! Immunizations including flu and COVID-19 are a covered medical benefit. Be sure to provide these vaccines to members when they visit the office.

The following are covered by Iowa Medicaid when a prescription is written:

- To treat the flu.
  - Oseltamivir or
  - Relenza Diskhaler
- To treat COVID-19.
  - Paxlovid
- To treat members with fevers, aches, and pains.
  - Acetaminophen
  - Ibuprofen
- To treat a cough.
  - Dextromethorphan/Guaifenesin syrup 10-100mg/5mL



Most adults believe vaccines are important, but research shows members are more likely to get a vaccination if their practitioner recommends it. After making your recommendation, follow up with each member during subsequent appointments to ensure the member received a flu or COVID-19 vaccine. If the member is still unvaccinated, repeat the recommendation and try to identify and address any questions or concerns.



## Community Impact

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

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



## Spread the Word

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

- Go before they show! Encourage members to go to their doctor as soon as they think they are pregnant. Early and routine care will help and protect them and their baby.
- Complete an Iowa Total Care Notification of Pregnancy (NOP) form online in [our member portal](#).
- Join our [Start Smart for Your Baby](#)® program for care and support throughout pregnancy.
- Keep healthy lifestyle habits! This includes exercising, eating healthy meals, and resting for 8-10 hours each night.

Iowa Total Care members can earn up to **\$60 in My Health Pays**® rewards by going to the doctor and completing an NOP form in the first 12 weeks of pregnancy.

## Iowa Total Care Is Now a 3.5-Star NCQA Plan



Iowa Total Care was recently named a 3.5-star NCQA health plan. The overall rating is the weighted average of a plan's HEDIS® and CAHPS® measure ratings. This award is thanks to you, our provider partners, to Iowa Total Care staff and a collective commitment to transforming the health of our community, one person at a time.



## Iowa Total Care Successful Season of Green to Go Community Health Fairs

Be Well. Eat Well. is an Iowa Total Care initiative that promotes healthy living through healthy eating. As a health plan, our goal is to make communities throughout Iowa healthier.

Finding access to affordable, healthy food can be hard. We educate Iowans on where and why they should access affordable, nutritious food. Through our Be Well. Eat Well. initiative, we connect to our members through Green to Go, an event series where Iowa Total Care provides fresh, free produce for Iowa communities.

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 11. We served communities all across Iowa.

In conclusion, we served over 4,092 attendees and were able to give out:

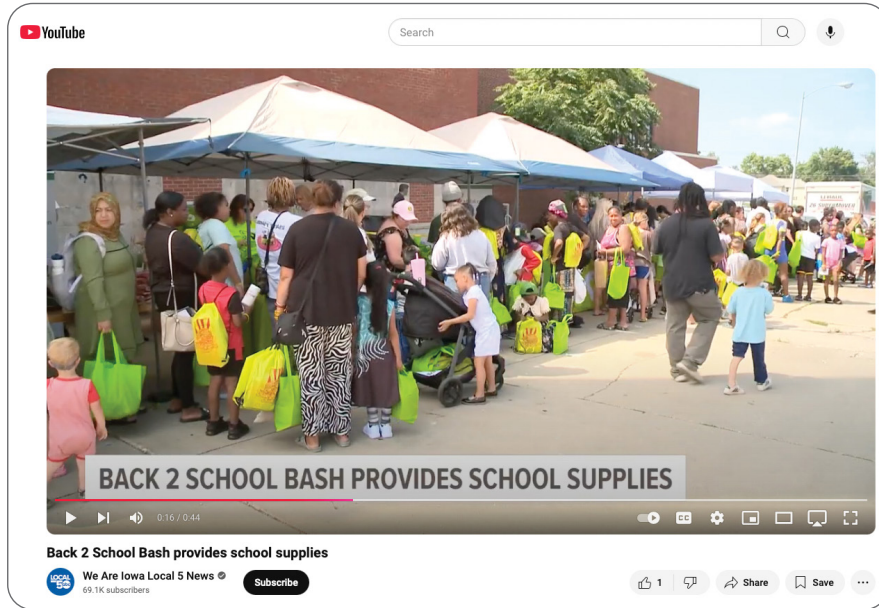
- 59,200 pieces fresh, free produce,
- 2,051 – 1-pound bags of brown rice,
- 2,000 free kids' meals bags filled with non-perishable items, and
- 2,588 baby care items.

For additional resources on how members can access healthy food and save money while eating healthy, visit our [Be Well. Eat Well webpage](#).





## 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!

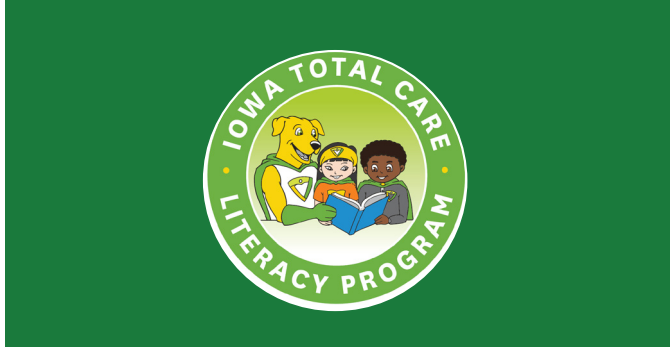
- **DES MOINES, IA:** [Back 2 School Iowa](#) joins Today in Iowa Sunday to discuss the back-to-school event.
- **DES MOINES, IA:** [Back 2 School Bash](#) provides school supplies.
- **AMES, IA:** [ISU Extension and Outreach Programs](#) receive \$100,000 grant from Iowa Total Care.

## Iowa Total Care Walks for a Cause with NAMI

More than 100 employees and family members from Iowa Total Care participated in this year's NAMI Iowa Walk in Des Moines on Saturday, 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](#).





## Stakeholder Advisory Board

Iowa Total Care’s purpose is to transform the health of the community, one person at a time. We exist to improve the health of members through focused, compassionate, and coordinated care. One way to achieve our purpose is through our Stakeholder Advisory Board (SAB).

The SAB is an opportunity for collaboration between providers, members, members' representatives, and health plan staff. Through the SAB, members and providers can share thoughts and ideas to improve the way the health plan works. Meetings take place across the state and online, so it is easy to attend. All meetings are held from 6 p.m. to 7:30 p.m.

Want to join the board or submit topic suggestions for future meetings? Visit our [Stakeholder Advisory Board page](#).

### Upcoming SAB meetings:

- December 4, 2024

Members will earn \$25 on their [My Health Pays](#)® card by attending. Providers may contact their Clinical Quality Consultant or Provider Services at 1-833-404-1061 to learn more about compensation.

## 100 Providers Literacy Program

As a part of [Iowa Total Care’s Literacy Program](#), this year Iowa Total Care is giving \$500 Amazon gift card to purchase books and a literacy kit to 100 providers across the state.

The literacy tool kit will help providers support their patients’ literacy needs. Providers have the flexibility to purchase children’s books for their waiting areas, distribute books to patients, or enhance any library initiatives.

Our literacy program brings literacy to life by providing FREE online activities to engage children in reading, too. Visit [iowatotalcare.com/literacyprogram](http://iowatotalcare.com/literacyprogram) for free summer learning materials for kids.

Don’t forget any child 10 years old and under can join [Doc’s Kids Club](#) at any time to sign up! New club members get a free kids activity book, ID card, and sticker.

For questions, please contact Peggy Mongar: [Peggy.Mongar@iowatotalcare.com](mailto:Peggy.Mongar@iowatotalcare.com).

\*Doc’s Kids Club is for Iowa residents only.

### My Health Pays® Rewards

Get rewarded for focusing on your health!

Earn My Health Pays® rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests and other ways to protect your health.



Use Your My Health Pays® rewards to help pay for:

- Utilities
- Transportation
- Telecommunications
- Childcare services
- Education
- Rent

Or, you can use them to:

- Shop at Walmart for everyday items\*\*


\*\*This card may not be used to buy alcohol, tobacco, or firearms products.

#### Health Pays At Hy-Vee!

Get more from your My Health Pays® rewards. Now use them to shop for everyday items\* at your local Hy-Vee stores!

- Hy-Vee Grocery Stores
- Hy-Vee HealthMarket Rx
- Dollar Fresh Markets



## Health Pays at Hy-Vee

**Our rewards program has expanded!** Iowa Total Care’s My Health Pays Rewards Program now offers the option for members to use their rewards for gas!

Members get a rewards card to use for lots of different needs such as phone bills, groceries, utilities, and more.

Members can learn more to earn more. Visit [IowaTotalCare.com/MyHealthPays](http://IowaTotalCare.com/MyHealthPays).

\*Members may not use their card to purchase alcohol, firearm products, lottery tickets, gift cards, or for cash.



## HOME Project Iowa

The Hope and Opportunity in Many Environments (HOME) project is an Iowa Department of Health and Human Services (Iowa HHS)-led initiative. It is dedicated to improving and ensuring equal access to high-quality:

- Behavioral health,
- Disability, and
- Aging services within Iowa communities.

Iowa Total Care and all Iowa managed care organizations are actively working with Iowa HHS on the HOME project. For HOME project resources and additional information, visit Iowa HHS's [Hope and Opportunity in Many Environments \(HOME\) project page](#) or their [Medicaid Town Halls page](#).

## Availity Essentials Secure Provider Portal

Iowa Total Care has chosen Availity Essentials as its new, secure provider portal. Starting November 18, 2024, you can validate eligibility and benefits, submit claims, check claim status, submit authorizations, and access Iowa Total Care payer resources via Availity Essentials.

Providers already using Availity Essentials, can [log in to their existing Availity Essentials account](#) to access benefits for Iowa Total Care members beginning November 18, 2024:

- Use Availity Essentials to verify member eligibility and benefits, submit claims, check claim status, submit authorizations, and more.
- Look for additional functionality in Iowa Total Care's payer space on Availity Essentials. Use the heart icon to add apps to "My Favorites" in the top navigation bar. Our current secure portal will still be available for other functions you may use today.
- Access "Manage My Organization" – Providers can save their information and provides functionality to auto-populate information to eliminate repetitive data entry and reduce errors.

If you are [new to Availity Essentials](#), getting your Availity Essentials account is the first step toward working with Iowa Total Care on Availity.

### Getting started: Designate an Availity Essentials administrator for your provider organization.

Your provider organization's designated Availity Essentials administrator is the person responsible for registering your organization in Availity Essentials and managing user accounts. Your organization's administrator should have legal authority to sign agreements for your organization.

How Does This Impact Me?	What Is My Next Best Step?
<p><b>I am the administrator.</b></p> <p><i>I am the designated Availity Essentials administrator for my organization.</i></p>	<p>Visit <a href="#">Register and Get Started with Availity Essentials</a> to enroll for training and access other helpful resources.</p>
<p><b>I am not the administrator.</b></p> <p><i>I am NOT the designated Availity Essentials administrator for my organization.</i></p>	<p>Your designated Availity Essentials administrator will determine who needs access to Availity Essentials on behalf of your organization and will add user accounts in Essentials.</p>
<p><b>I am not sure.</b></p> <p><i>I am not sure who will be the designated Availity Essentials administrator for my organization.</i></p>	<p>Share this information with your manager to help determine who will be the designated Availity administrator for your organization.</p>

Iowa Total Care is excited to offer Availity Essentials and to help transform the way you impact patient care with our members. If you need additional assistance with your registration, please call Availity Client Services at 1-800-AVAILITY (282-4548). Assistance is available Monday – Friday, 7 a.m. to 7 p.m. CT.

For questions or concerns, [contact](#) your provider engagement account managers in your area or call Provider Services at 1-833-404-1061, Monday – Friday 7:30 a.m. to 6 p.m. CT.



# Clinical Practice Guidelines

Iowa Total Care clinical and quality programs are based on evidence-based preventive and clinical practice guidelines. Whenever possible, Iowa Total Care adopts guidelines that are published by nationally recognized organizations or government institutions, as well as state-wide collaborative and/or a consensus of healthcare professionals in the applicable field.

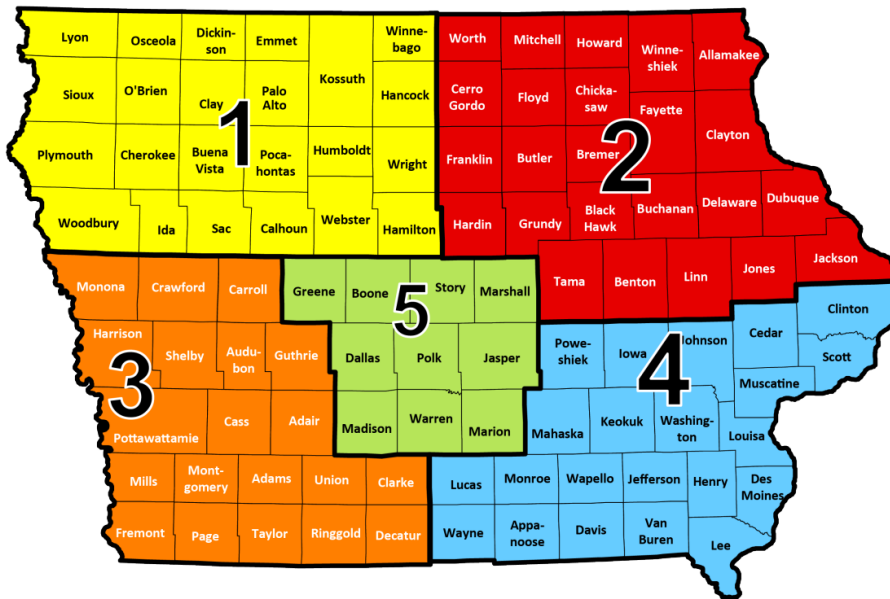
[Clinical Practice & Preventative Health Guidelines \(PDF\)](#) provides the most current version of the guidelines adopted by Iowa Total Care. A paper copy of the practice guidelines can be requested by calling Provider Services at 1-833-404-1061 (TTY: 711).

## Policy Review

### New, Revised, Retired: Clinical, Payment & Pharmacy Policies

Iowa Total Care continually reviews and updates our payment and utilization policies to ensure they are designed to comply with industry standards while delivering the best patient experience to our members. As a part of that review, some policies were revised or changed. For more detailed information about these policies, please refer to the [Clinical, Payment & Pharmacy Policies page](#) on our website.

## Provider Relations Territory Map



View the [Provider Relations Territory Map](#) to find the provider engagement account managers assigned to each region.

Iowa Total Care’s provider relations department uses the provider engagement model approach, aligning staff skillsets to support our diverse providers. We believe the provider engagement model will better serve our providers end to end.

Provider onboarding, training and education will align with the appropriate subject matter experts (SMEs) within the health plan. That way, Iowa Total Care can better assist providers and improve their experience once onboarded. This will also allow staff to broaden their knowledge of provider types and offer more comprehensive, in-depth support to our valued provider partners across the state.

### Stay Connected

Visit our [Provider Website!](#)

Want to hear how Iowa Total Care is making a difference in the community? [Sign up for our Community Outreach Newsletter.](#)

Join Iowa Total Care on [LinkedIn!](#) Follow us to see our most recent outreach efforts, volunteer events, and more!

### Contact Us

Provider Services is available by phone at **1-833-404-1061 (TTY: 711)** Monday through Friday from 7:30 a.m. – 6 p.m.

### Join Iowa Total Care on LinkedIn!

Iowa Total Care invites you to join us on [LinkedIn!](#) We would love to connect and share our community impact efforts with you. Follow us to see our most recent outreach efforts, volunteer events, and more!



## UPDATE

Ambetter provides market-leading, affordable health insurance in the marketplace. Ambetter delivers high quality, locally based healthcare services to its members, with our providers benefiting from enhanced collaboration, and strategic care coordination programs.

### 2025 Ambetter in Iowa Provider Orientation

Ambetter Health will be hosting several provider orientations in the upcoming months. Join us for informational updates on our NEW product offerings in 2025, billing processes, checking eligibility, prior authorizations, provider portal functionality, educational resources, and key points of contact.

To register now and save the date, click the link to your session of choice.

Ambetter Health (Marketplace)	
<b>Tuesdays from 1 p.m. – 2 p.m.</b>	<a href="#">View available sessions &amp; register</a>
<ul style="list-style-type: none"> <li>November 12, 2024</li> <li>November 19, 2024</li> <li>December 10, 2024</li> <li>December 17, 2024</li> <li>January 7, 2024</li> <li>January 14, 2024</li> <li>January 21, 2024</li> <li>January 28, 2024</li> </ul>	
<b>Thursdays from 9 a.m. – 10 a.m.</b>	
<ul style="list-style-type: none"> <li>November 7, 2024</li> <li>November 14, 2024</li> <li>November 21, 2024</li> <li>December 5, 2024</li> <li>December 12, 2024</li> <li>December 19, 2024</li> </ul>	

For questions or to schedule an in-person provider orientation, [contact](#) our provider engagement account mailbox.



## UPDATE

For more than 20 years, Wellcare has offered comprehensive plans featuring affordable coverage and innovative benefits beyond original Medicare.

- Local management with national expertise.
- Full continuum of Medicare products including:
  - HMO
  - MMP
  - PPO
  - PSP
  - DSNP
  - EGWP
  - CSNP
  - PDP

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Wellcare will be hosting several provider orientations in the upcoming months. Join us for informational updates on our NEW product offerings in 2025, billing processes, checking eligibility, prior authorizations, provider portal functionality, educational resources, and key points of contact.

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Wellcare (Medicare)	
<b>Tuesdays from 1 p.m. – 2 p.m.</b>	<a href="#">View available sessions &amp; register</a>
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