



# IN THE COMMUNITY

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

February 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!](#)

## February is American Heart Month!

One way to take care of your heart is to have your blood pressure checked. Scheduling an annual well visit with your provider includes having your blood pressure taken. An [annual well visit](#) is also a great way to keep in touch with your provider.

### Did you know?

- High blood pressure can raise your risk of heart attack, stroke, heart disease and heart failure.
- High blood pressure is often called the “silent killer” because many people don’t know they have it.

### How can you control your blood pressure?

- Choose [heart-healthy foods](#)
- Stay at a healthy weight
- Exercise regularly
- Don’t smoke and limit alcohol consumption
- Control stress

If you have been diagnosed with high blood pressure, your provider may prescribe medications. **It is very important to take these medications as ordered by your provider.** Make sure you refill your medications on time, so you don’t miss any doses. And don’t forget to schedule follow-up visits to help monitor your blood pressure!



### Need emotional health support?

For kid-friendly support, visit the

**Doc & Friends** section on our

[Doc’s Kids Club page](#).

Find other resources online from

[myStrength](#) and [findhelp.org](#).

# A Healthy You



## myhealthpays™ Get Rewarded for Healthy Decisions

Did you know members who complete healthy activities get rewarded? It's all part of our My Health Pays® rewards program! Here are a few ways to earn rewards:

**\$50:** **Notification of Pregnancy Form**  
Complete within 1st Trimester for \$50  
or in the 2nd Trimester for \$25.

**\$30:** **Initial Health Risk Screening**  
Must complete within 90 days of  
initial enrollment.

**\$20:** **Annual Adult Well Care Visit**  
Ages 21 and up. Once per year.

**\$10:** **Annual Flu Vaccine**  
Ages 18 and up. Once per flu  
season (September–April).



Check out our [My Health Pays web page](#) to view other rewards.

### COOKING CLASSES ARE HERE!

Visit our [Be Well. Eat Well. page](#) to check out our new cooking class videos. In partnership with Hy-Vee, these classes include recipe options that are: • **Diabetic-friendly** • **Budget-friendly** • **Kid-friendly**

Check out one of our favorite new recipes below!

#### Recipe of the Month: Crockpot Italian Soup

Find this [healthy recipe video](#) on our [Be Well. Eat Well. page](#) under “Eating Healthy with Iowa Total Care.”

#### INGREDIENTS

- 1 pound turkey sausage
- 1 onion
- 1 bag of frozen cauliflower
- 1 bag of frozen spinach
- 1 tablespoon of minced garlic or garlic powder
- 4 cups chicken broth (no salt added)
- ½ cup of cream (optional)
- Salt and pepper to taste

#### DIRECTIONS

1. Brown turkey sausage in a skillet. Add browned sausage to slow cooker or crockpot, then set aside.
2. Chop onion into small pieces. Sauté in a skillet.
3. Add cauliflower, spinach, garlic, broth, sautéed onion, salt and pepper to slow cooker.
4. Cook on high for 4 hours or on low for 8 hours.
5. Add ½ cup of cream after cooking for a thicker soup (optional).



### 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

## Member Story – From Homeless to Hopeful

One Iowa Total Care member had a difficult start in life. He was adopted as a young child and raised in a family that didn't offer him much support or unconditional love.



Case managers recognized the member's yearning for independence. They offered him guidance and began making goals for his future. Even though progress was going well, the member's home life became restrictive, and he ran away.

Case managers worked hard to track down the member. He ended up residing at different friends' houses, keeping on the move. All the while, Iowa Total Care staff ensured he got his medications and important documents no matter where he was. They offered him support when he needed it most.

Now, the member has his own apartment and dog, along with a driver's license and new job. In just six short months, the member's life had completely turned around. It was all thanks to the member and the case managers refusing to give up hope that things could get better. And just like a fairytale, the member got his happy ending.



Sign up for Doc's Kids Club to receive bilingual, kid-friendly learning tools every month.

## Insurance Day on the Hill

Iowa Total Care got to participate in this year's Insurance Day on the Hill. It was a great way to share our initiatives and mission with the community.

We're always trying to discover more ways to **transform the health of the community, one person at a time!**



## 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 March 2, 2022.

Visit [iowatotalcare.com](http://iowatotalcare.com) for more info.

# 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.



**Nancy Thompson**  
Director, Marketing & Communications  
[nancy.h.thompson@iowatotalcare.com](mailto:nancy.h.thompson@iowatotalcare.com)



**Peggy Mongar**  
Manager, Community Relations & Outreach  
515-447-6147  
[peggy.mongar@iowatotalcare.com](mailto:peggy.mongar@iowatotalcare.com)



**Matthew Beitelspacher**  
Community Relations Specialist  
515-204-9481  
[matthew.j.beitelspacher@iowatotalcare.com](mailto:matthew.j.beitelspacher@iowatotalcare.com)



**Linda White**  
Community Relations Coordinator  
[linda.white@iowatotalcare.com](mailto:linda.white@iowatotalcare.com)

## 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](mailto:Housing_ITC@IowaTotalCare.com).



### Resource Specialist



**Kay Tannatt**

Contact our Resource Specialist at  
[ITC\\_Resource\\_Referral@IowaTotalCare.com](mailto:ITC_Resource_Referral@IowaTotalCare.com).



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