







Stakeholder Advisory Board

March 5, 2025

Why we're in business

OUR PURPOSE

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

What we do

OUR MISSION

Better health outcomes at lower costs

What we represent

OUR PILLARS



Focus on the Individual





Whole Health





What drives our activity

OUR BELIEFS

We believe healthier individuals create more vibrant families and communities.

We believe treating people with kindness, respect and dignity empowers healthy decisions.

We believe we have a responsibility to remove barriers and make it simple to get well, stay well, and be well.

We believe in treating the whole person, not just the physical body.

We believe local partnerships enable meaningful, accessible healthcare.







SAB Purpose









Housekeeping Items

- Our technology now allows us to capture your name and attendance when you log into the meeting.
- To reduce background noise, please mute yourself.
- Please save your questions until the end of the presentation.
- The slides will be available on our website.
- Have you moved or changed phone numbers?
 Be sure to update by calling:
 - Iowa Total Care: 1-833-404-1061 (TTY: 711), and
 - Department of Iowa Health and Human Services: 1-855-889-7985.

As a reminder, the upcoming slides include information we hope will be valuable to our stakeholders. Our stakeholders are members, providers (doctors, nurse practitioners, physician assistants), and members of our communities.







Agenda

- Welcome
- Iowa Medicaid Town Halls
- 2025 ITC on the Go
- Maternal Health
- My Health Pays® Rewards
- Mental Health Teladoc
- Behavioral Health Toolkit
- Health Risk Screening
- Health Equity and Social Determinants of Health (SDOH)
- Open Discussion
- Closing and Future Meetings







Iowa Medicaid Town Halls



Iowa Medicaid holds monthly virtual town hall meetings with providers and members to:

- Gather feedback on the current state of the program.
- Ways to improve the program.
- Share information on current and future program projects and improvements.

Schedule:

- First Thursday of the month (members only).
- Third Thursday of the month (providers only).

Upcoming Meetings*:

- Thursday, March 6 at 4 5:30 p.m., Member Town Hall.
- Thursday, March 20 at 4 5:30 p.m., Provider Town Hall.

How do I sign up?

- Iowa Medicaid Town Halls Members
- Meeting Registration Zoom Providers
- Need help? Contact Iowa Medicaid Member Services at 1-800-338-8366.

These are virtual meetings, but there is a call-in option for those unable to stream live video.

*Future regularly scheduled meetings will be posted on the website and is updated by Iowa Medicaid.







2025 Be Well. Eat Well. Program

Member Day at the Market

Location (TBD) – May

Green to Go Locations

- Cedar Rapids June
- Sioux City August
- Des Moines August

Community Garden Partnership

ISU Extension & Outreach

Cooking Videos

- Cooking on a Budget
- Diabetes-Friendly
- Kid-Friendly
- Multicultural









Visit IowaTotalCare.com/BeWellEatWell to learn more.





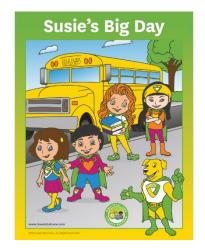


Iowa Total Care Literacy Program

2024 Impact

- 100 Program Providers
- Doc's Kids Club 3,700+ members.
- Susie's Big Day 31,000+ books distributed.





2025 Focus

- 100 Program Youth Organizations
- Reach Out & Read Partnership



Visit <u>IowaTotalCare.com/DocsKidsClub</u> to learn more or scan the QR code to join Doc's Kids Club.









2024 Community Impact Report

Iowa Total Care's 2024 Community Impact Report is now live! The 2024 report has information on:

- Iowa Total Care's five-year anniversary,
- How we fought food insecurity in 2024,
- New Value-Added Services,
- And so much more!

View the report on the <u>Community Impact</u> webpage. (iowatotalcare.com/about-us/community-impact.html)











Maternal Health

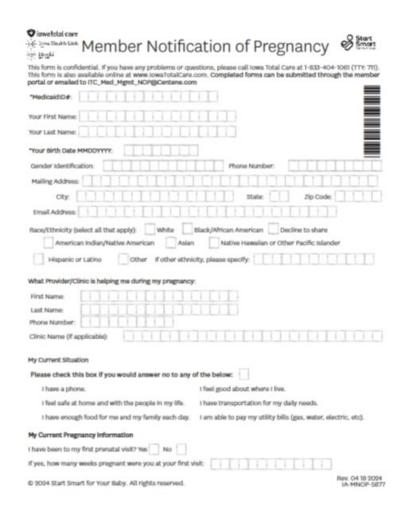
Start Smart for Your Baby Program – Notification Of Pregnancy (NOP) Form

The NOP form has been revised for easy completion.

Please log into the <u>member portal</u> to access the member NOP form.

Ways to Submit:

- Submit in Member Portal
- Mail
- Email
- Call Member Services: 1-800-404-1061 (TTY: 711)









Maternal Health Resources

Breast Pumps



- Pregnant mothers can request a breast pump as a covered benefit.
- Mom or baby must be an eligible Iowa Total Care member at the time of the request.
- A prior authorization is not required for a breast pump request.
- How can a breast pump be requested?
 - Enroll in Start Smart for Your Baby[®] Program.
 - Call Iowa Total Care Member Services at 1-833-404-1061.

Car Seats



To be eligible, members must:

- Have a completed notification of pregnancy form on file.
- Visit their doctor while in the first trimester or within 42 days of enrollment in Iowa Medicaid.
- Be engaged with Start Smart for Your Baby until 36 weeks of pregnancy.
- Be an Iowa Total Care member at the time car seat is ordered.

Maternal Health Resources, continued

Mom's Meals



- Available in Black Hawk, Clinton, Des Moines, Polk, Pottawattamie,
 Woodbury, Linn, Scott, Mills, Ringgold, Taylor, Union and Montgomery.
- Includes all members in household who are Iowa Total Care members.
- Goal is to close the gap until members can find food resources (WIC, SNAP, food pantries). Will provide two meals for 30 days during pregnancy or up to one year postpartum.

Learn more. Visit our <u>pregnancy resources webpage</u>. (iowatotalcare.com/members/start-smart-for-your-baby/resources.html)





My Health Pays® Rewards

My Health Pays® Maternal Health Rewards

Notification of Pregnancy Form

• Must complete within first trimester for \$20 OR in the second trimester for \$15.

First Trimester Prenatal Visit

 Must complete appointment with a provider within first 12 weeks of pregnancy.

Postpartum Doctor Visit

• Must complete 1-12 weeks after delivery.







My Health Pays® Common Questions

Who can get a My Health Pays Card?

• All ITC members can get a reward card. If the member is a child, the card will be issued in their name and sent to their address.

When do I get my My Health Pays card?

• Once you complete a qualifying healthy activity, we are notified, and your card will be mailed to you.

How can I find out the balance of my card?

- Log into your secure member portal account.
- Call the number listed on the back of the card: 1-866-809-1091.
- Call Member Services.

When do My Health Pays Rewards expire?

Funds expire 90 days after termination of coverage or 365 days after reward was earned,
 whichever comes first.

How long does it take to get a reward on my My Health Pays card?

• It depends on the type of reward. Some, like annual well visits, are based on claims sent to us by your provider. These can take up to 12 weeks for reward to appear on card.

Where can I use my My Health Pays rewards?

• You can buy everyday items at any Walmart, Sam's Club, and Hy-Vee locations.







Mental Health





Agenda

- Introduction
- General Medical
- Mental Health
- How to Register





Introductions

TELADOC HEALTH TEAM

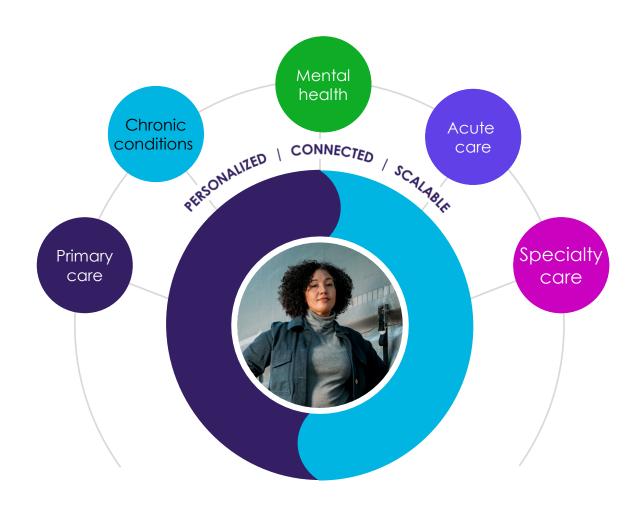




Maddie Navigato Senior Health Plan Manager



We deliver comprehensive, integrated virtual care that spans each stage in a person's health journey







General Medical



General Medical overview



General Medical offers **convenient**, **high-quality**, **low-cost care that's available 24/7**, when and where members most need it



Teladoc Health physicians address a broad array of healthcare issues by web, phone or mobile app, which eliminates traditional long wait times and delayed care



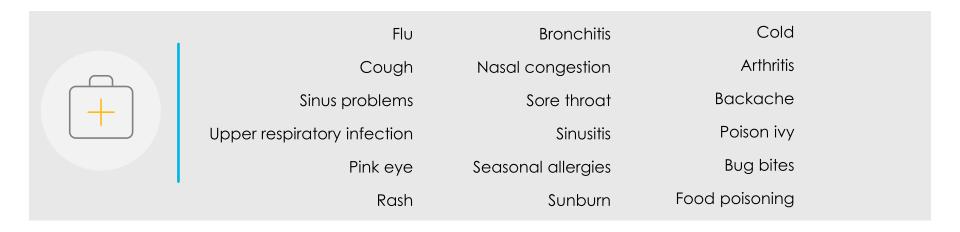
Our members and their families feel better quicker, and clients see an increase in employee productivity





General Medical

Effective resolution for a wide range of non-emergency conditions



SET UP ACCOUNT

Members will set up their account by app, web or phone

COMPLETE MEDICAL HISTORY

Doctor will review information about past conditions, medications, allergies and the member's family medical history

REQUEST A VISIT

Member will request a visit with the next available doctor or request a time that fits their schedule

TALK TO A DOCTOR

Talk to a doctor 24/7 by phone or video

GET RESOLUTION

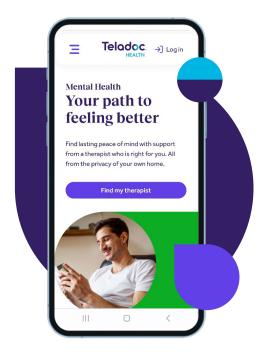
If medically necessary, the doctor will send a prescription to the pharmacy that the member chooses



Mental Health



Mental Health Overview



Note: Select features are forthcoming.

Access to a therapist or psychiatrist seven days a week (7 a.m. to 9 p.m. local time) via phone or video



Mental Health support from the comfort of home

Schedule an appointment through the web or mobile app



Trusted relationships

Establish a 1:1 human relationship members trust to improve engagement and adherence across their entire healthcare journey



Ongoing Care Support

Ongoing Care and recurring appointments to fit member unique needs



Keep members healthy through preventative and continuous care

MENTAL HEALTH DIGITAL

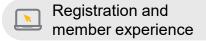
Eliminate barriers to access with **Self-guided programs** Patterns of use anywhere, anytime access to Watch this video to learn more 1100+ self-guided programs Some people think that substance abuse means dependency. This is not always Written at a 5th-grade level and true. Substance use can fall into several different patterns. One pattern can just be developed according to • Manage episodic stress and provide curiosity, while another pattern can be recreation. Somebody might also find that in-moment relief they use substances for mood **National Culturally Linguistically** management. **Appropriate Services Standards** Another pattern can be trying to not use. Reduce risk of relapse or regression This is called recovery. In this lesson, you will learn about each pattern. for those with complex conditions Continually refreshed Address the unique needs of adolescent, personalized recommendations LGBTQ+, and BIPOC members



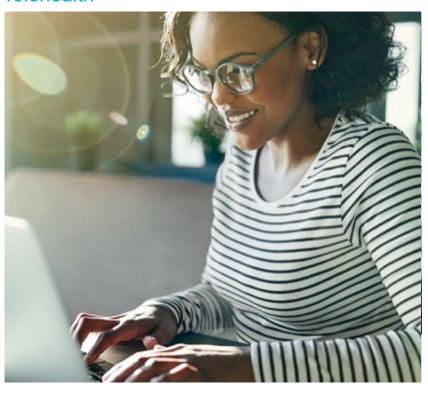
How can members register?



Member registration



Telehealth





Multiple ways to join

- Online registration: <u>Teladoc.com</u>
- Member support call center: 1-800-Teladoc
- Teladoc app

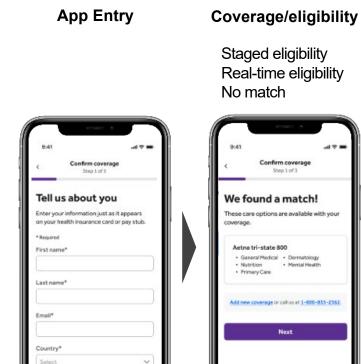


Information gathered

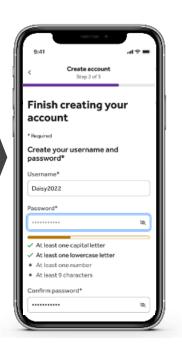
- Personal Information: Name, address, email, password
- Insurance information: Member/health plan ID to validate eligibility



Members create a single account and complete setup for all programs



Create Account



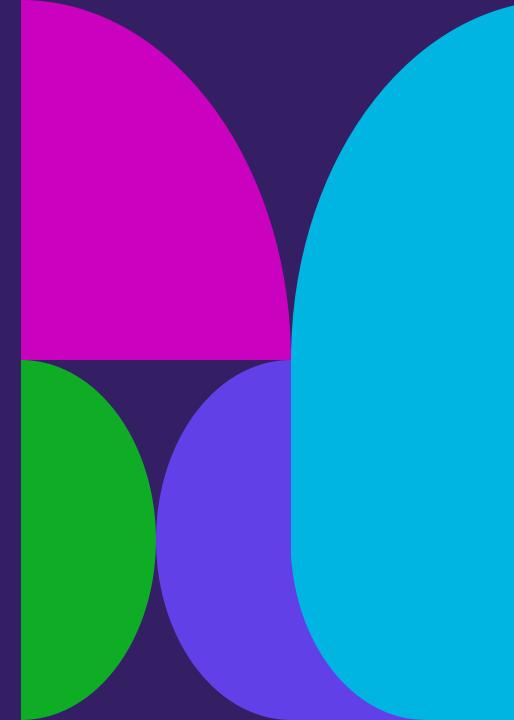
After an account is established, member views are personalized based on service eligibility and entry point



ZIP code*

Thank you!

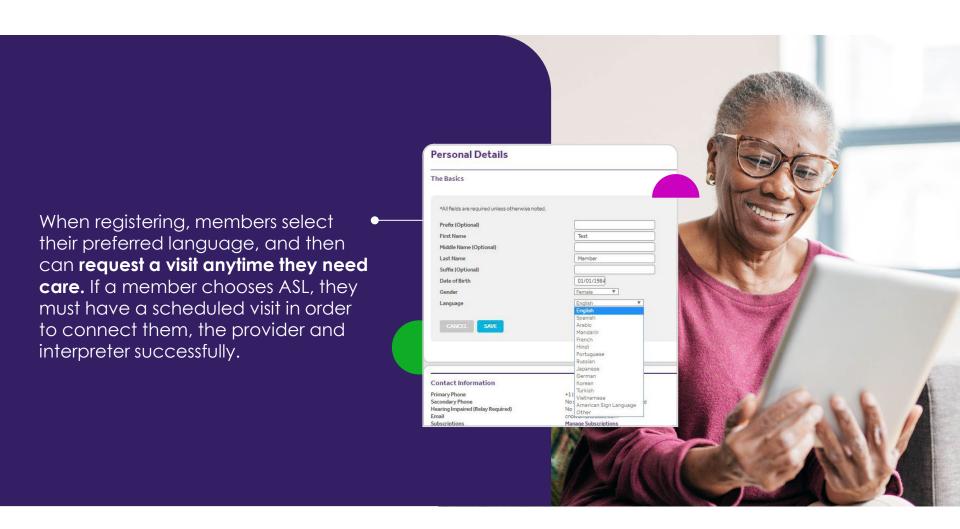
Maddie Navigato
Senior Health Plan Manager
madeline.navigato@teladochealth.com





Appendix



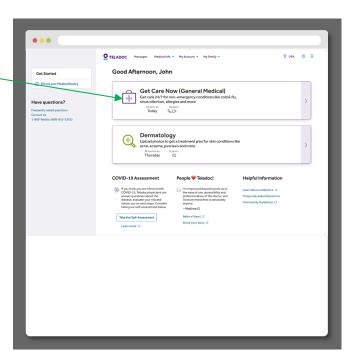




Requesting a visit

Choose your care-type

Only available programs will appear





Provide Visit Details

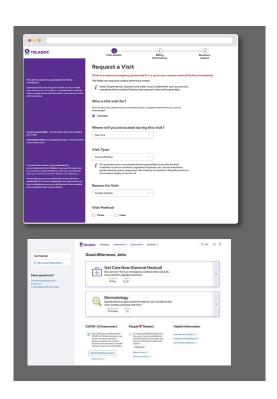
Select the member the visit is for

 For minors, a section will appear requiring selection of the adult authorized to be on the phone during the consult. An adult is required to be on the phone during the consult for any minor under 18

Do the following:

- Select state located in at the time of the visit
- Select visit type
- Indicate reason for visit
- Select visit method (phone or video)
- Select time to speak to a provider (ASAP or scheduled) and select provider (optional)
- Upload images (optional)
- Enter phone number and other necessary notes
- Select whether PCP should receive copy of visit
- Select pharmacy





Visit Confirmation

Confirming Billing:

Select how you plan on paying for the consult*

Review & Submit:

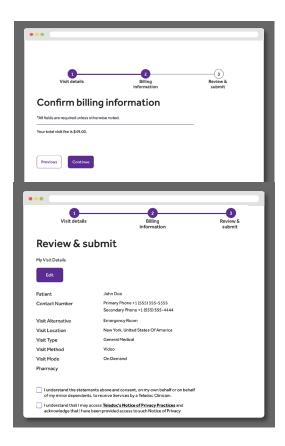
Check the boxes indicating you've read and understood the terms of service and privacy practices

Indicate whether you would like for your physician to review your medical history during the visit

Click "Continue"

The visit confirmation number is provided and you will receive an email confirming your visit

*Most plans have \$0 cost share. High deductible plans apply deductible based on real time eligibility



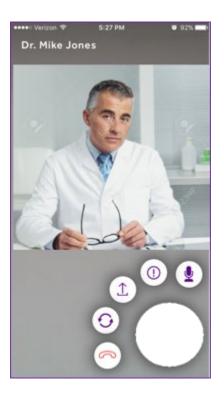


Video visit

From the upcoming visit card on the My Teladoc screen, the member can join the virtual waiting room



Once provider joins, member completes the video visit and has easy access to needed features like muting audio, getting help, uploading an image or reversing camera





Iowa Total Care Mental Health Guide

The new Iowa Total Care Mental Health Guide is now available!

- Designed to empower community organizations who have little to no medical background to support individuals who may be experiencing mental health challenges
- lowa Total Care will be working to distribute this resource to places where individuals frequent on a consistent basis and develop relationships, where someone may notice a change in demeanor or personality, but they may not know how to address the situation. Places such as:
 - Hair salons/barbershops
 - Places of worship
 - o Gyms
 - Libraries/Community centers
- May help community members with connecting to resources and/or how to address these situations
- To get a digital copy, please visit the <u>provider forms, manuals</u> and <u>resources webpage</u>.
 (iowatotalcare.com/providers/resources/forms-resources.html)







Health Risk Assessment

Health Risk Assessment (HRA)

- Health Risk Assessment or Health Risk Screening is a tool lowa Total Care uses to help members, including newborns, to identify and understand their health risks and monitor their health over time.
- The HRA is a questionnaire that asks you about your health history, if you have any healthcare conditions, and if you need help finding any resources.
- We want to know about your health right away so we can help match your needs with the right healthcare team.
- Member should complete each year or if they have a change in medical condition.
- Completed HRA may qualify member for a \$30 My Health Pays® reward.
 - Within 90 days of becoming a member.
 - Must be completed annually.

Complete the health risk screening in one of three ways:

Online:

- Visit iowatotalcare.com, click "For Members" and then "log in".
- Select "Let Us Know" Tab on the left.
- Complete the Health Information Form.

Over the Phone:

Call us at 1-833-856-7666 Monday –
 Friday: 8:00 a.m. to 7:00 p.m.

On the Mobile App:

- Download the Iowa Total Care Mobile App.
- Click on the Main Menu in the upper left corner and select "My Health".
- Select and complete the Health Information Form.







Health Equity and Social Determinants of Health (SDOH)

Member Portal Updates

Who is impacted: All Iowa Total Care members.

What's happening: Self report your race, ethnicity, language, sexual orientation, and gender identity.

Where can I make these updates: member.iowatotalcare.com

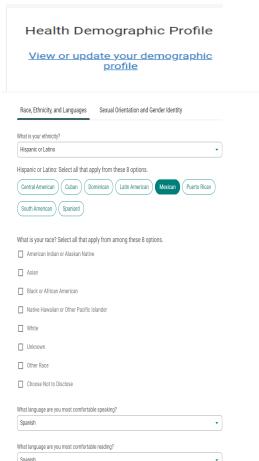
- Log in to your account.
- Scroll down to "Health Demographic Profile".
- Click on "View or Update your demographic profile".
- Update your information.

When can I start: NOW

Why does Iowa Total Care want this information:

- Improve the quality of your care and services.
- Better understand your health care needs.
- Know your language preference when seeing healthcare providers.
- Provide healthcare information to meet your care needs.
- Offer programs to help you be your healthiest and reduce health disparities.

NOTICE: Race, ethnicity, language, sexual orientation, and gender identity are protected by your health plan. This means the information you provide is private and secure. Your answers to these questions are voluntary. You will not be denied care based on your answers.









Open Discussion

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Questions?

Meeting Details

Upcoming Meeting Dates:

June 4, 2025	September 3, 2025
Agenda To Be Determined	Agenda To Be Determined
December 3, 2025	
Agenda To Be Determined	

Meeting time: 6 p.m. – 7:30 p.m.

1-833-404-1061 (TTY: 711)

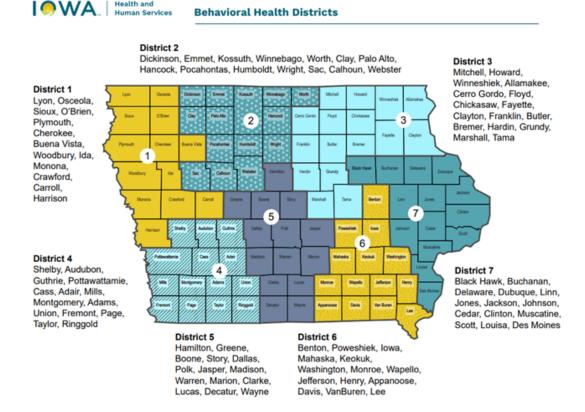






Resources

Behavioral Health Districts



To learn more, please visit the <u>lowa's Behavioral Health Service System webpage</u>. (hhs.iowa.gov/initiatives/system-alignment/behavioral-health-service-system?utm medium=email&utm source=govdelivery)



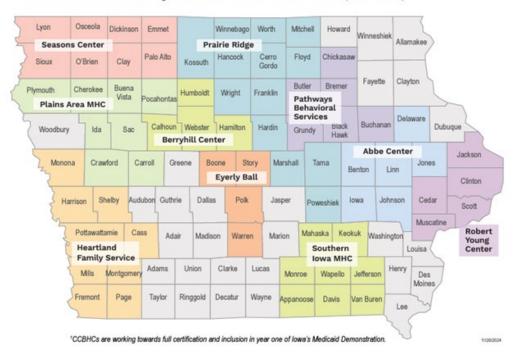




Certified Community Behavioral Health Clinics (CCBHC)



Certified Community Behavioral Health Clinics (CCBHCs)1



To learn more, please visit the <u>Certified Community Behavioral Health Clinics webpage</u>. (hhs.iowa.gov/programs/programs-and-services/ccbhc)







Resources

Member Services and 24/7 Nurse Advice Line: 1-833-404-1061 (TTY: 711)

Transportation – Access2Care: 1-877-271-4819

Provider Services: 1-833-404-1061

Suicide and Crisis Lifeline: 988

Member Benefits Overview (iowatotalcare.com/members/medicaid/benefits-services/benefits-overview.html)

<u>Iowa Medicaid</u> (hhs.iowa.gov/programs/welcome-iowa-medicaid)

Grievance & Appeals:

• For Members (iowatotalcare.com/members/medicaid/resources/complaints-appeals.html)

• <u>For Providers</u> (iowatotalcare.com/providers/resources/grievance-process.html)

Dental:

- <u>Iowa Total Care Dental Webpage</u> (iowatotalcare.com/members/medicaid/health-wellness/dental-care.html)
- <u>Iowa HHS Dental Wellness Plan</u> (hhs.iowa.gov/programs/welcome-iowa-medicaid/iowa-medicaid-programs/dental-wellness-plan)

Delta Dental of Iowa (deltadentalia.com)

Phone: 1-888-472-2793

MCNA Dental (mcnaia.net/members)

Phone: 1-855-247-6262





