

# INTEGRATED HEALTH HOME

FAMILIES FIRST COUSLING SERVICES

844-225-7444



## The Importance of Hydration

Hydration is important for good health and properly functioning body systems. Water acts as a cooling agent for our bodies and is essential for all major bodily functions including:

- Maintaining the health and integrity of every cell in the body
- Aiding in blood circulation
- Carrying nutrients and oxygen to cells
- Helping to eliminate the byproducts of the body's metabolism
- Regulating body temperature through sweating
- Moisturizing the skin
- Moistening mucous membranes
- Lubricating and cushioning joints
- Aiding in digestion
- Helping convert food to energy
- Helping the body absorb nutrients
- Protecting and cushioning vital organs
- Removing waste



## How Much Water Is Enough?

So, how much water should young athletes drink? The answer is - it depends. Water intake is based on several variable and will vary according to the needs of the individual. Variables to consider include length of the activity, environmental conditions such as heat and humidity, the length and intensity of the practice or game, and additional gear the athlete may be wearing, such as football or hockey gear.

Consideration must be given to the individual needs of the athlete, such as the weight and age of the athlete, the intensity level at which the athlete trains or plays, the current physical conditioning of the athlete, and the current hydration level of the athlete.

The ACSM provides the following guidelines for the maintenance of optimal hydration:

- Before Exercise: 16-20 ounces within the two-hour period prior to exercise.
- During Exercise: 4-8 ounces every 15-20 minutes during exercise.
- Post Exercise: Replace 24 ounces for every one pound of body weight lost during exercise.

## Water vs. Sports Drink

There is a time and place for sports drinks. Electrolytes found in sports drinks can be beneficial in regulating nerve and muscle function and replacing electrolytes lost through sweat. For adolescent athletes enduring physical activity for more than sixty to ninety minutes at a time, or for young athletes who practice in high heat and humidity, sports drinks can be beneficial in replenishing lost nutrients.

### Signs of Dehydration

Dehydration is serious and can lead to a potentially life-threatening emergency; this makes it important that people recognize the signs of dehydration. As an individual becomes dehydrated, heart rate increases, blood flow to the skin decreases, and body temperature can rise to dangerous levels. Signs of dehydration include:

- Dry lips and tongue
- Sunken eyes
- Bright colored or dark urine, or urine with a strong odor
- Infrequent urination
- Small volume of urine
- Apathy or lack of energy
- Irritability
- Sudden decline in performance (strength, energy, coordination, decision making, etc.)



### Heat Related Illnesses

During exercise, muscles generate heat, which leads to increased body temperature. As this occurs, the body reacts by sweating. When sweat evaporates, the body cools. If the fluids lost through sweating are not replaced, the body cannot work properly to cool itself, leading to heat-related injuries or illness. Heat related illnesses include: heat cramps, heat exhaustion, and heat stroke.

- Heat cramps are the mildest form of heat injury, they are serious, and if not treated promptly, can lead to more severe problems.
- Heat exhaustion is more severe than heat cramps and occurs from a loss of water and salt in the body. This illness usually occurs under extreme heat conditions, intense and prolonged exercise without adequate fluid and salt replacement, and when the body is unable to cool itself properly. If left untreated, heat exhaustion can progress to heat stroke.
- Heat stroke, the most severe form of heat illness, occurs when the body can no longer cool itself and is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.

The importance of proper hydration to a person's well-being cannot be overstated. As we approach the fun of warmer weather activities, young athletes, parents, and coaches and trainers need to understand that proper hydration is crucial to optimal performance, as well as to the individual's health.

### MCO NEWS:

#### WHAT HAPPENED?

Amerigroup Iowa has notified the Department of Human Services (DHS) that they have the capacity to begin accepting new IA Health Link members. New IA Health Link members will be able to choose Amerigroup Iowa as their MCO. DHS will be ending temporary suspension of MCO choice.

#### WHO IS AFFECTED?

New IA Health Link members who begin coverage on May 1, 2018 or later, and the small group of members who chose Amerigroup and were temporarily transitioned Fee-for-Service.



## WHEN WILL MY COVERAGE WITH AMERIGROUP BEGIN?

### Members who temporarily transitioned to Fee-for-Service

Members who temporarily transitioned to Fee-for-Service began coverage with Amerigroup on March 1, 2018.

### New members with an effective coverage date of May 1, 2018, or later

Only members whose effective date of coverage begins on May 1, 2018, or later will be able to choose Amerigroup.

### Members who transitioned to UnitedHealthcare

Members who transitioned from AmeriHealth Caritas to UnitedHealthcare will not be transitioned to Amerigroup. You will be able to change your MCO during your next annual choice period or for reasons of '[Good Cause](#).' To verify your annual choice period, please call Iowa Medicaid Member Services.

## WILL I RECEIVE A NEW ID CARD?

Yes. You will receive an Amerigroup ID card in the mail approximately 1-2 weeks before your coverage begins. Please keep your Medicaid ID card to verify that you have Medicaid coverage.

## MY CURRENT MCO IS UNITEDHEALTHCARE, CAN I CHANGE TO AMERIGROUP?

Members who are enrolled with UnitedHealthcare and are out of their annual choice period must go through the current '[Good Cause](#)' process. To verify your annual choice period, please call Iowa Medicaid Member Services

### Good Cause

Because we want you to be happy with your MCO/dental carrier, you may request to change your MCO/dental carrier during your 12 months of closed enrollment. A request for this change, called disenrollment, will require a Good Cause reason.

### What are some examples of Good Cause reasons?

- Your provider is not in your MCO's/dental carrier's network.
- You need related services to be performed at the same time and not all related services are available within your current MCO's/dental carrier's provider network. Your Primary Care Provider/dentist or another provider determined that receiving the services separately would subject you to unnecessary risk.
- Lack of access to providers experienced in dealing with your health care/dental needs.
- Your provider has been terminated or no longer participates with your MCO/dental carrier.
- Lack of access to services covered under the contract.
- Poor quality of care given by your MCO/dental carrier.

The MCO/dental carrier plan does not cover the services you need due to moral or religious objections.

### How do I change my MCO/dental carrier if I have a Good Cause reason?

We want you to be happy with your MCO/dental carrier. If you are requesting to change your MCO/dental carrier due to Good Cause, please follow the two steps below.

**First, you must contact your current MCO/dental carrier to go through the MCO's/dental carrier's grievance process for resolution.**

The MCO grievance process may take up to 30-45 days to process.

The dental carrier grievance process may take up to 30-90 days to process.

Please contact your MCO/dental carrier's Member Services department:

#### IA Health Link Members

Managed Care Organization	Member Services Contact Information
Amerigroup Iowa, Inc.	Phone: 1-800-600-4441 Email: <a href="mailto:MPSWeb@amerigroup.com">MPSWeb@amerigroup.com</a>
UnitedHealthcare Plan of the River Valley, Inc.	Phone: 1-800-464-9484

#### Dental Wellness Plan Members

Dental Carrier	Member Services Contact Information
Delta Dental	Phone: 1-888-472-2793 Email: <a href="mailto:dwpmembers@deltadentalia.com">dwpmembers@deltadentalia.com</a>
MCNA Dental	Phone: 1-855-247-6262 Email: <a href="mailto:info@mcna.net">info@mcna.net</a>

If your issue has not been resolved following the decision of your grievance, you may call Iowa Medicaid Member Services at 1-800-338-8366 or locally in the Des Moines area at 515-256-4606, Monday through Friday, from 8 a.m. to 5 p.m. for additional assistance. The final decision for disenrollment will be determined by the Department of Human Services (DHS)

## Summer Activities

Your local libraries have lots of free family fun for all ages below are a few listed for you but there is plenty more fun at any Library. Like them on Facebook, give them a call about events and check out your library's web site!

**Decorah Public Library** (563) 547-2540  
**Cresco Public Library** (563) 457-2540  
**Riceville** (641) 985-2273  
**Oelwein Public Library** (319) 283-1515  
**Elma** (641) 393-8100  
**West Union** (563) 422-3103  
**Lansing** (563) 538-4693  
**Waukon** (563) 568-4424  
**Guttenberg** (563) 252-3108  
**Monona** (563) 539-2356  
**Elkader** (563) 245-1446  
**Manchester** (563) 927-3719  
**Independence** (319) 334- 2470



Summer time means county fair time! Check into your county fair's Facebook or webpage for details on events taking place during the fair this year.

**Allamakee:** July 18<sup>th</sup>-24<sup>th</sup>

**Buchanan:** July 3<sup>rd</sup>-7<sup>th</sup>

**Clayton:** August 1<sup>st</sup>-6<sup>th</sup>

**Delaware:** July 9<sup>th</sup>- 15<sup>th</sup>

**Fayette:** July 24<sup>th</sup>-28<sup>th</sup>

**Howard:** June 20<sup>th</sup>- 24<sup>th</sup>

**Winneshiek:** July 10<sup>th</sup>- 14<sup>th</sup>



### Back to School

Summer has just begun but before you know it school will be right around the corner! Your IHH team can help you with many different school related issues from finding back to school supplies, clothes and even IEP related issues. In many counties, you need a referral to get assistance with back to school supplies so please make sure to reach out to your IHH contact to help make sure you get the referrals that you need. Also, if you are worried about your child's behavior plan or academics for next school year contact us right away to help assist you with this before school begins. That way your child can start the year off on positive note! Reach out to your IHH team for any of your back to school needs.

### Food Banks and Family Meals

#### Buchanan and Delaware Resources

- Manchester United Methodist Church- Free Family meal every Monday @ 5:30 pm
- Hopkinton Community Church Food Bank- call Kay @ (563) 920- 4804
- American Lutheran Church (Jesup) - Free Family Meal last 2 Wednesdays of the month from 5-6 pm
- St. James Episcopal Church of Independence- Free Community Meal Friday's from 11 am-1 pm
- Independence Food Bank- Wednesday 1-7 pm & Thursday & Friday 9 am-3 pm
- Assembly of God Church (Manchester)- 1<sup>st</sup> Thursday of each month 5-6:30 pm
- Brandon Food Bank @ old Township Hall- 4<sup>th</sup> Saturday of each month from 9:15-10:30 am
- Brandon Food Bank @ Kwik Stop (regular business hours) OR call Cindy @ (319) 474-2497
- Mobile Food Banks: Independence (4<sup>th</sup> Sunday of the month @ West Elementary School 9:30-11:30 am), Lamont (1<sup>st</sup> Thursday of each month @ New Life Assembly Church 5-6:30 pm)

#### Clayton and Allamakee Resources

- Mobile Food Bank: Guttenberg @ St. John's Lutheran Church on 3<sup>rd</sup> Saturday of each month
- Food Pantry in Postville (133 W. Greene Street) Tuesday 2-5 p.m. (ID Required)
- Clayton Co. Food Shelf (110 W. Hill Street- St. Olaf) 4x per year-requires referral
- Allamakee Co. Food Shelf (1125 W. Main Street- Lot 39- Waukon) Thursday's 9am- 1pm

#### Fayette, Howard, and Winneshiek Resources

- Howard Co. Community Action- Monday, Wednesday, & Thursday 8am-12pm
- Decorah Lutheran Church- Tuesday & Thursday 1-3pm
- Riceville Food Pantry- 1<sup>st</sup> & 3<sup>rd</sup> Friday of the month 9:30- 11:30 am
- His Hands Food (Oran, IA) Friday's 9am-12pm
- Northeast Iowa Food Bank- Oelwein & Decorah location



Families First  
 120 W Water Street A2  
 Decorah, IA 52101

## Medicaid, MCO, &amp; IHH Contact Information

<b>Iowa Medicaid Member Services</b>	Monday- Friday 8-5pm	1-800-338-8366 (toll free)
<b>Amerigroup, Iowa Inc. Logisticare</b>	Each MCO have selected a transportation vendor:	
<b>United Healthcare Plan of the River Valley, Inc. MTM</b>	Remember to call at least 48 hours in advance.	1-888-513-1613
<b>Amerigroup Iowa Inc.</b>	8am- 8pm Monday- Friday	1-800-600-4441
<b>United Healthcare Plan of the River Valley, Inc.</b>	7:30am- 6pm Monday-Friday	1-800-464-9848
<b>Bethany</b>	IHH Program Director	(319) 505-3812
<b>Heidi</b>	IHH Nurse Manager	(319) 505-3814
<b>Bobbi</b>	IHH Care Coordinator	(319) 505-3710
<b>Shannon</b>	IHH Family Support Specialist	(319) 505-7802
<b>Nicole</b>	IHH Care Coordinator	(319) 505-3815
<b>Heather</b>	IHH Family Support Specialist	(319) 505-3813