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- ▶ Earn dollar rewards throughout your time as a member.
- ▶ Get a free ride to the doctor, pharmacy, and more.
- ▶ Start Smart® for Your Baby program rewards & support for new and expecting moms.
- ▶ 24/7 Nurse Advice Line for answers to health questions and more.
- ▶ Free smartphone from Safelink Wireless®.

Just a few of the extra benefits you get as a member!

Take advantage of all Iowa Total Care has to offer.

Are you taking advantage of all we have to offer? Visit iowatotalcare.com to learn more about how we help you manage your health.

Thank you for making Iowa Total Care your choice for better healthcare.



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iowatotalcare.com
1-833-404-1061

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I protect my family's health.

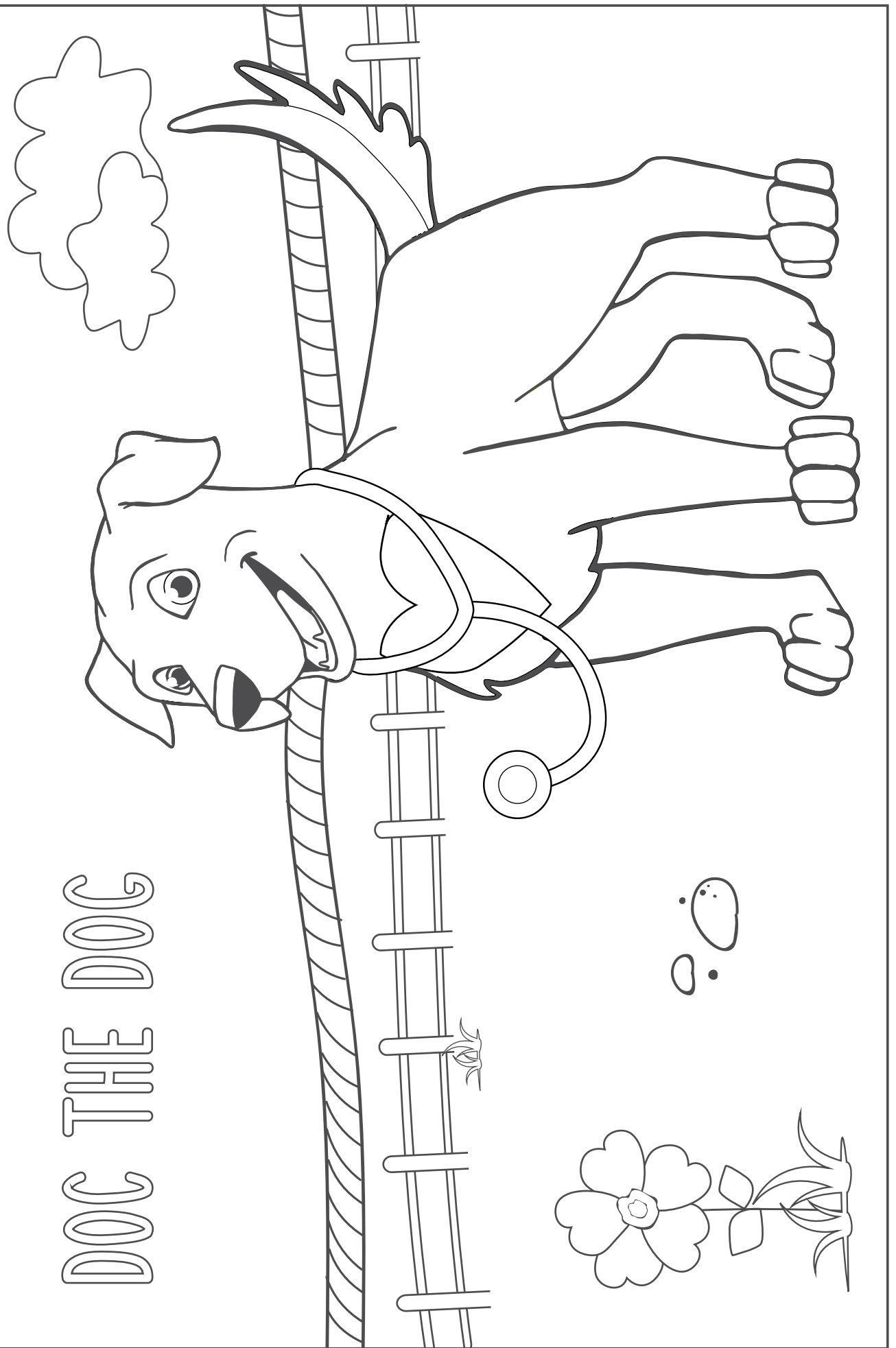
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DOC THE DOG



FOLLOW A HEALTHY JOURNEY!

Iowa Total Care wants you to help Doc make healthy choices throughout his day. At each point, choose the right answer so he can stay focused on his health. When you finish, check your answers using the answer key below.



SLEEP

How many hours of sleep does Doc need so he can get good grades?

- a. 4 to 6 hours
- b. 2 to 3 hours
- c. 9 to 12 hours
- d. 5 to 7 hours

WAKE UP

After Doc wakes up, which of these activities can help get the right start to his day?

- a. Wash his hands
- b. Watch TV
- c. Brush his teeth
- d. Check his email

SNACKS

What healthy after-school snacks would you suggest for him?

- a. Cookies
- b. An apple
- c. Popcorn with light salt
- d. Ice cream

EXERCISE

Doc wants strong muscles and bones. How much physical activity should he get daily?

- a. 10 minutes
- b. 30 minutes
- c. 20 minutes
- d. 60 minutes or 1 hour

BREAKFAST

Doc is ready to make breakfast. What should he eat?

- a. Glass of low-fat milk
- b. Slice of whole wheat toast
- c. Candy bar
- d. Sweetened cereal

DINNER

What are healthy dinner options for Doc and his family?

- a. Grilled chicken
- b. Fried chicken
- c. Pizza
- d. Baked fish

BEDTIME

What should Doc do before he goes to bed?

- a. Wash his face
- b. Call his best friend
- c. Eat more salsa
- d. Turn off his computer



Answer Key | SLEEP: C; WAKE UP: A, C; BREAKFAST: A, B; EXERCISE: D; SNACKS: B, C; DINNER: A, D; BEDTIME: A, B, D