

## Integrated Health Home:

An Integrated Health Home (IHH) is not a building or specific place; rather it is an approach to providing care. The approach includes care coordination to identify any gaps in care and helps you get connected with the service at the right time. Whole health will include comprehensive and integrated care including both physical and behavioral care, while also addressing support needs. When your health providers work as a team, you will receive the best care possible to lead a healthier life.

You can use the IHH as little or as much as you feel is needed. You may not need much now, but if your health needs change later, we will be here for you.

## MISSION

Empower individuals to live healthy purpose-filled lives on their terms.

## VISION

To engage individuals, families, and communities in personalized whole self-care based on a boundless belief in personal potential.

## VALUES

Unyielding Empowerment  
Relentless Resiliency  
Inspirational Integrity  
Active Accountability  
Radical Respect

## CONTACT US:

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INTEGRATED  
HEALTH  
HOME

Reconnecting  
Mind & Body



## CARE COORDINATORS:

We can help link you to medical, mental health, educational, and social support services. We also help during times of transition and can bring together a team made up of providers and other support systems (such as family and friends) of your choice.

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## CERTIFIED PEER SUPPORT SPECIALISTS:

We are a resource you can turn to for support and feedback. We can assist with how to build support systems in your life. We can help you not feel so alone during challenging times.

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## NURSES:

We bring our health care expertise to you and can provide education on medications, nutritional and dietary needs. We can also work with physicians to help understand how medications may impact health conditions.

## TO QUALIFY FOR THE INTEGRATED HEALTH HOME:

1. Anyone over the age of 18 with Iowa Medicaid
2. Diagnosed with a Serious Mental Illness (SMI) that causes significant impairment in daily functioning

Including but not limited to:

- Schizophrenia
- Schizoaffective Disorder
- Bipolar Disorder
- Major Depression
- Obsessive-compulsive Disorder
- Delusional Disorder
- Psychotic Disorder
- Anxiety
- Post-Traumatic Stress Disorder

(Behavioral health disorders without a co-occurring mental health disorder do not qualify.)

