What is the IPPP?

The IPPP research study allows medical providers to "prescribe" fruits and vegetables to qualifying patients. Each month for 6 months, patients will receive **\$30 per household member** to spend on fresh fruits and vegetables by interacting with educational videos on a mobile app.

Produce Prescription Programs aim to increase the purchase of fresh fruits and vegetables and can help improve diet-related health conditions.

Contact us

(508) 333-5458



Catie@iowahealthieststate.com Info@iowahealthieststate.com

www.iowahealthieststate.com/ippp



This work is supported by Gus Schumacher Nutrition Incentive gram grant no. 2022-70424-38549/ project accession no.1029432 from the USDA National Institute of Food and Agriculture

lowa Produce Prescription Program

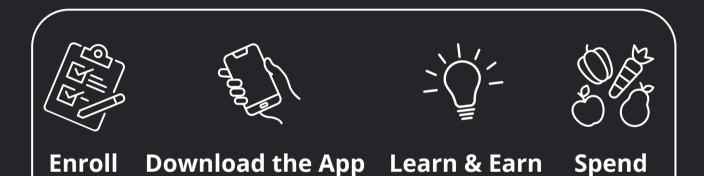
Introduction





How Does it Work?

After you tell your provider you are interested in participating, they will connect you with the research team. Keep going to your clinic for your usual care, answer survey questions at the start and end of the program, and keep an open mind about healthy changes with your extra fruits and vegetables!



Each month for 6 months, patients will receive \$30 per household member to spend on fresh fruits and vegetables by interacting with educational videos on a mobile app.



SCAN CODE or visit: www.iowahealthieststate.com/ippp for more details.



01. Enroll

A program Navigator will reach out by email or a phone call to complete a consent form survey online or via phone. You will receive a medical release form to sign & mail.

02. Download the App

You will receive a link to download a smartphone app and watch a short introduction video to get familiar with the app and the program.



Watch a video and answer a 5 question survey to earn your monthly Produce Rx dollars. These will be added to your app "wallet" after completing the monthly education.



Spend your Produce Rx dollars on fresh fruits and vegetables at participating stores by pulling up a barcode in your app. Make sure you let the cashier know you are spending Produce Rx dollars.

Details on how and where to spend can be found in the app or on our website.