The first, you need to find oxidation state for I. In reaction with IO_3^- and IO^- :

I in IO_3^- has : ($(3*(-2))_{oxygen}+(-1)_{extra}$) = -7), so I is **+7**

Then it becomes: ($(-2)_{oxygen}+(-1)_{extra}$) =-3) so I is **+3**

Simplified reaction:

$I^{+7} + 5e \rightarrow I^{+3}$

Using next statements:

Oxidation is the loss of electrons or an increase in oxidation state by a molecule, atom, or ion.

Reduction is the gain of electrons or a decrease in oxidation state by a molecule, atom, or ion.

$I^{+7} + 5e \rightarrow I^{+3}$

So I^{+7} is reduced

I suppose that reaction between I^- and I_3^- is nor redox reaction, cause there is no changing in oxidation state:

$I^- + I_2 = I_3^-$ (I_2* I^-) -complex