

# HEALTH REMINDERS

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## SAFER SEX – HAVE A PREVENTION PLAN!

Safer sex is more than condoms. There are many ways to make sex safer for you and your partners, including some exciting new ones – check them out:

- ▶ If you are HIV Negative, there are medications that can prevent HIV. PrEP can be used before sex and is available as a pill as well as a long-acting injectable. PEP can be used after sex and must be started within 72 hours after a possible exposure.
- ▶ If you are living with HIV, taking HIV medications to lower your viral load to undetectable levels can prevent passing it to others.
- ▶ If you want to lower the chances of getting a Sexually Transmitted Infection (STI) like syphilis or chlamydia, ask your clinic about DoxyPEP\*, and if it's right for you.  
*\*Doxy PEP only works for people assigned male at birth.*
- ▶ Pregnancy prevention includes long-acting reversible options like the implant or an IUD.

**Any time is a good time to get started on making your safer sex plan!** If you want assistance getting in touch with your Primary Care Provider (PCP) to talk about safer sex options, call Member Services at 1-800-556-0689, TTY 711.

## PROTECTING YOUR HEALTH

- ▶ Take advantage of your free annual wellness exam, as well as dental and vision benefits.
- ▶ Vaccines are highly protective.
  - » Every year be sure to ask for the COVID and flu shots.
  - » Ask your Primary Care Provider (PCP) about other vaccines to help protect you.
- ▶ Screenings for breast, cervical and colorectal cancer, as well as diabetes, can also help you.
  - » Screenings usually start before symptoms happen.
  - » Ask your PCP which screenings are right for you.
- ▶ Routine vaccinations and screenings are covered benefits, so ask your PCP which ones are right for you.

**Questions? We are here to help you.** Call Member Services at 1-800-556-0689, TTY 711.



## HEALTHY HABITS

The spread of germs and getting sick can be reduced with these Healthy Habits.

- ▶ Wash your hands.
  - » Use soap and water or an alcohol-based cleanser.
- ▶ Cover your cough or sneeze.
- ▶ Reduce the time you spend around smoke.
- ▶ If you are a smoker, ask your PCP about options to help you be healthier.
  - » New York State also has supports for you: QuitLine 866-697-8487



## IMPORTANT PHONE NUMBERS

The spread of germs and getting sick can be reduced with these Healthy Habits.

- ▶ **NYC Domestic Violence Hotline**  
1-800-621-HOPE (4673) or 311
- ▶ **EMERGENCIES**  
Call 911
- ▶ **Amida Care Domestic Violence Coordinator Kevin Cryan**  
646-757-7000

**[www.AmidaCareNY.org](http://www.AmidaCareNY.org)**

Member Services: 1.800.556.0689 / TTY 711

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ATTENTION: Language assistance services and other aids, free of charge, are available to you.

Call 1-800-556-0689, TTY 711.

ATENCIÓN: Dispone de servicios de asistencia lingüística y otras ayudas, gratis. Llame al 1-800-556-0689, TTY 711.

请注意：您可以免费获得语言协助服务和其他辅助服务。请致电 1-800-556-0689, TTY 711.



**Department  
of Health**

**Medicaid**