



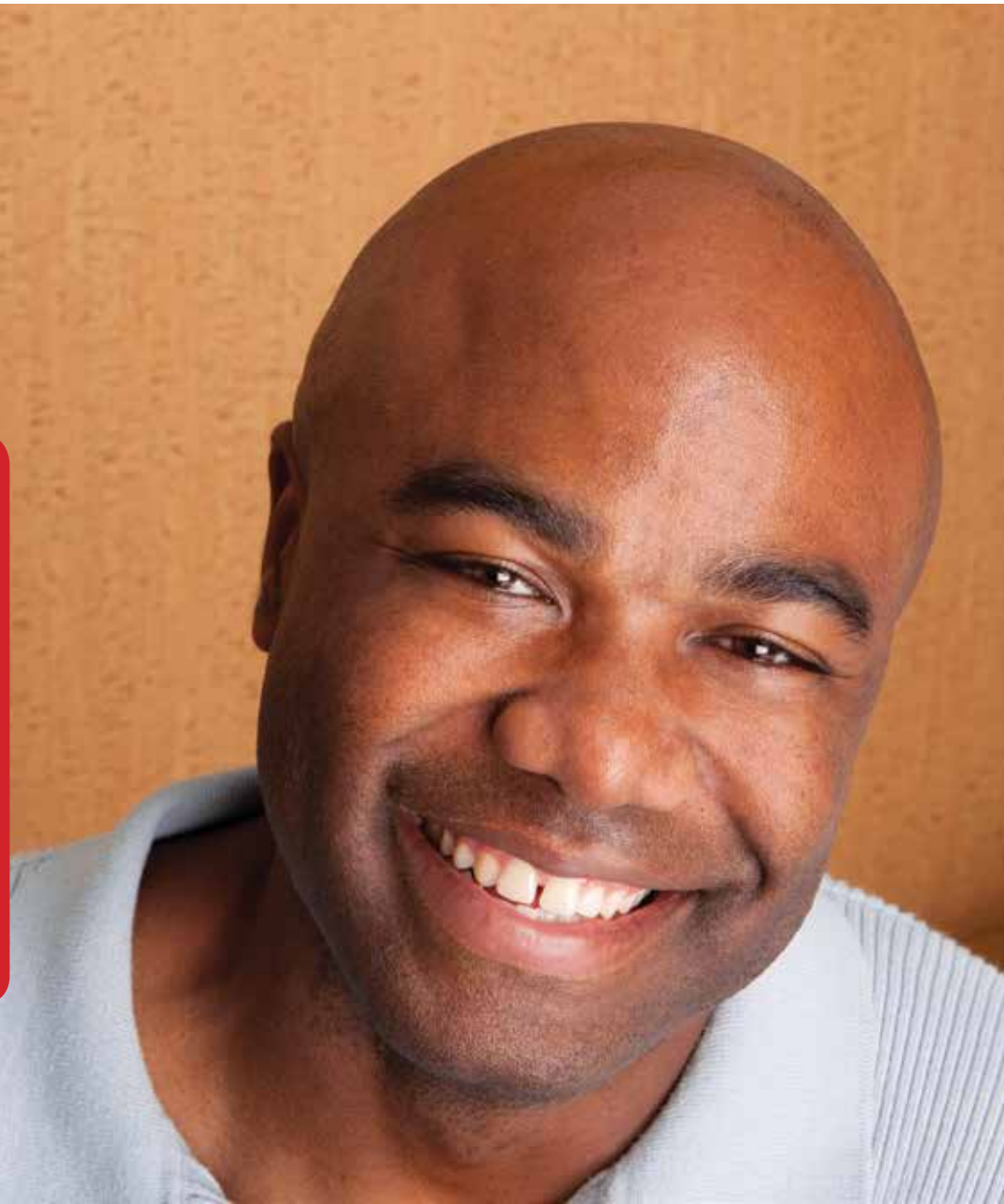
The AMIDA CARE View

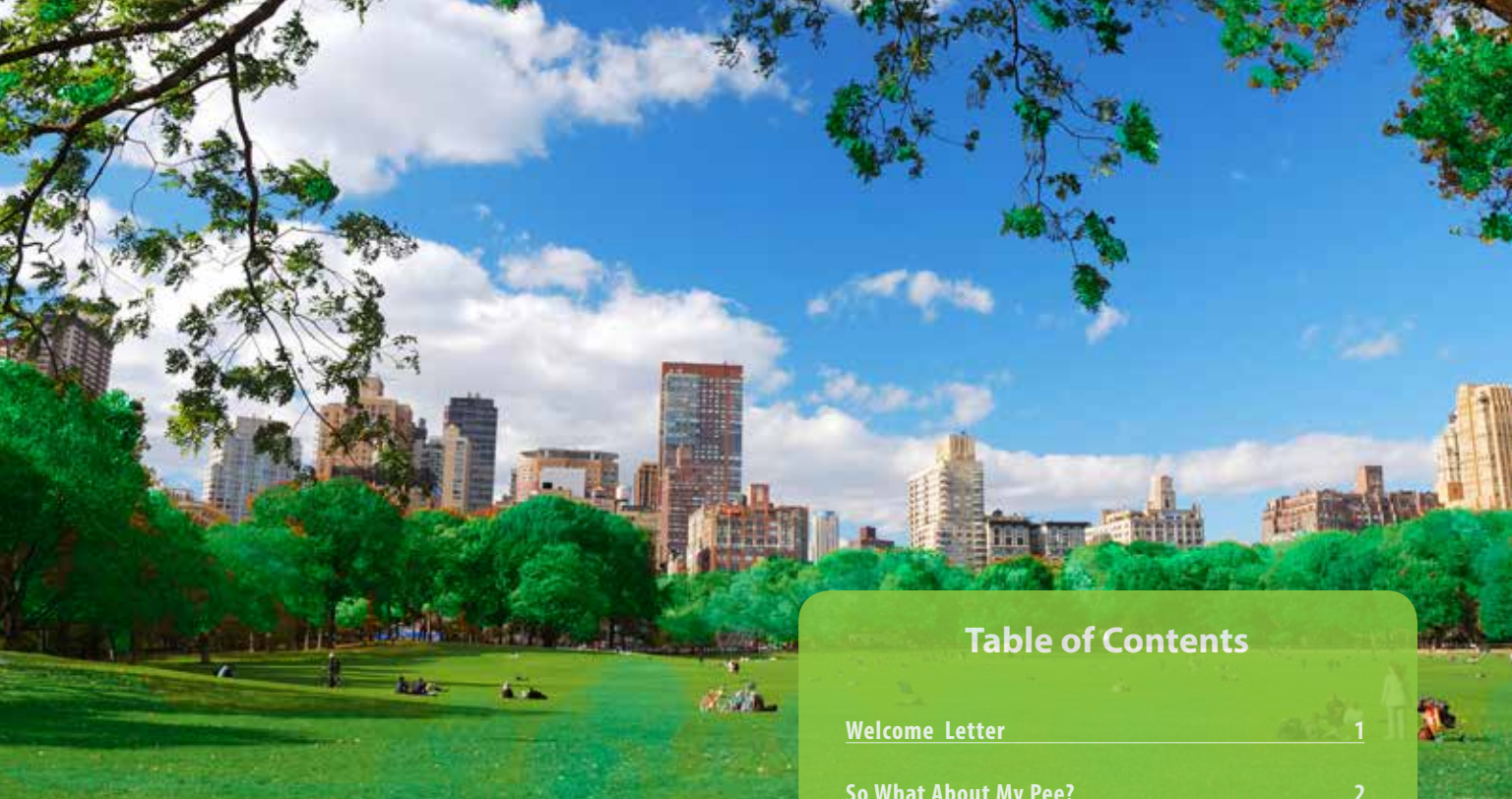
in this issue

MEN'S
HEALTH

**SUMMER
OUTINGS**

**HIGH BLOOD
PRESSURE**





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1-800-556-0689

www.amidacareny.org

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The photographs used herein are for illustrative purposes only; they do not imply any particular professional credential or health status on the part of any person depicted. Some of the persons depicted are models, who are neither employees nor enrolled members of Amida Care.

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Dear Amida Care Members,

Welcome to the **June/July issue** of **THE AMIDA CARE VIEW**. As you know, Amida Care is more than a health insurance company, we're part of your wellness community – a large circle of family, friends, providers and plan staff that embrace and facilitate wellness in the widest and most holistic sense (mind, body and spirit).

We encourage every member (that's you) to visit their primary care provider "at least" twice a year, or more often if you don't feel well, are having trouble with medications, or your viral load isn't "undetectable." Remember, following your medication schedule as prescribed is important to achieving health goals (low virus and healthy immune systems) that lead to thriving into your golden years.



In June, we celebrate **MEN'S HEALTH MONTH**. So in this issue, we're giving a special "shout out" to men and transgendered men. To you our brothers, we say: "YOU MATTER ... to us, your families and communities – so remember to take good care of you!" We know, and the U.S. Census Bureau confirmed, that men are less likely than women to visit a medical provider during the year. So we need to give them/us all the encouragement possible. To help with that aim, we included some great articles about men's health (pages 2-7).

June is also **GAY PRIDE** time in New York City, a celebration of the LGBTQ community and their friends/family. Festivals, fairs and parades paint the 5 boroughs in beautiful rainbow colors, reminding us that acceptance, justice and equality are the true values of the city we call home.

Besides rainbows, the city blossoms in a multicultural display of food, art, dance, music and national pride during the summer. Check out our **Celebrate Diversity** calendar (page 25-26) to find a list of free celebrations all around the city. Here's a **Member Challenge**: Make it a point to check out 1 event from another community and let yourself be enriched by another culture/tradition. Send us a brief note about your experience by email (to: publications@amidacareny.org), drop us a note by mail or stop by the office to share your experience with a Publications Dept. Representative. Maybe your photo and ideas will appear in future magazines.

Don't forget, the city also offers New Yorkers more than 1,700 parks, playgrounds and recreation facilities across the five boroughs. **GET OUTSIDE** and take advantage of these gorgeous nature venues. Some easy and affordable picnic recipes are included (page 12) to make your outdoor experience a little more festive and healthy.

Completing this issue we included important **HEALTH INFORMATION** about asthma (page 8) and high blood pressure (page 16), among others.

We hope you enjoy this issue of your magazine and wish you a great summer!

Abrazos,

Doug Wirth

President & CEO

So What About My Pee?

Your urine may not always look the same color, or smell the same way.



What you take in has to go out. You need to drink enough water and other liquids to stay healthy. If you are drinking enough, your pee will usually be pale and have little odor. If you aren't drinking enough, your pee will be darker. Your body uses urine to take toxins out of your body. If you aren't drinking enough fluids, these toxins can become more concentrated. This is why it can darken your urine.

There are all sorts of things that can change the color of your urine. These can include different kinds of medication and different kinds of foods.

Beets may give your urine and bowel movements a pink or reddish color.

Vitamins can often turn your urine a bright yellow and give it an odd smell.

Asparagus may turn some people's pee a greenish-blue. This is true with some medications as well. Food coloring from things like cereal can change what your pee looks like.

A strong ammonia smell can mean you haven't been drinking enough liquid. Unpleasant smells may indicate an infection or another physical problem. In this case, you need to see your care provider. Extremely sweet smelling urine can also be a sign of diabetes.

While some foods can turn your urine pinkish or red, it could also be from blood. According to urologist

There are all sorts of things that can change the color of your urine. These can include different kinds of medication and foods.



Vitamins



Beets

Dr. Anthony Smith: "What I always tell patients is it takes one drop of blood to turn a toilet bowl red." But while a little blood could come from heavy exercise, it might be something more serious. Dr. Smith says if you're seeing blood and your pee is also cloudy, it is likely you've picked up an infection and you need to call your Primary Care Provider. If you have questions, your Amida Care team is always there to answer them.



Asparagus

FURTHER READING:

bodyandhealth.canada.com/channel_section_details.asp?text_id=5716&channel_id=1020&relation_id=70842

www.webmd.com/urinary-incontinence-oab/features/the-truth-about-urine

www.thebody.com/Forums/AIDS/SideEffects/Q172080.html

www.thebody.com/Forums/AIDS/TreatExp/Q184612.html



Check Him Out

Somewhere along the line we got the idea that “self-Exams” have to be done by ourselves. Nothing could be further from the truth. There’s no reason why your guy can’t help you with your self-exams or you with his testicular exams. And don’t forget about his back. Women get most of their skin cancers in places where they can see them – on their hands and face and below the dress line, but men get most of theirs on their backs, where they are a lot harder to see.

Encourage the men in your life to get regular checkups and age-appropriate screenings. Regular checkups improve health and extend life!

SOURCE: “WHAT WOMEN NEED TO KNOW ABOUT MEN’S HEALTH,” WWW.MENSHEALTHNETWORK.ORG/LIBRARY/WHATWOMEN.PDF

DAILY STEPS TO HEALTH

Get vaccinated. Receive yearly flu shots and make sure to get vaccinated for pneumonia. Talk with your provider or nurse about whether you need vaccinations. You can also find out which ones you need by going to: www.cdc.gov/nip/adultimmsched/



Stay at a healthy weight. Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight.



Eat a healthy diet. Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, cholesterol, salt, and added sugars.



Be physically active. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, dancing, swimming, and bicycling are just a few examples of moderate physical activity.



Be tobacco free. Talk to your Primary Care Physician (PCP) about how to be tobacco free, or call the National Quitline: 1-800-QUITNOW or New York State Smokers Quitline at 1-866-697-8487.



Drink only in moderation. If you drink alcohol, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.



Men's Health Checklist

Bring this checklist to your next PCP visit.

COLORECTAL CANCER

Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

DEPRESSION

Your emotional health is as important as your physical health. You should be screened annually. Talk to your PCP about being screened for depression, especially if during the last 2 weeks:

- You have felt down, sad, or hopeless.
- You have felt little interest or pleasure in doing things.

DIABETES

Get screened for diabetes annually. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

HIGH BLOOD PRESSURE

Starting at age 18, have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

HIGH CHOLESTEROL

You should be screened annually for high cholesterol. You are at increased risk for having high cholesterol if:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman, before age 60.

SYPHILIS

You should be screened annually for syphilis.

OVERWEIGHT AND OBESITY

The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, such as the one available at: www.nhlbisupport.com/bmi/ A BMI between 18.5 and 25 indicates a normal weight. Person with a BMI of 30 or higher may be obese.



YOU'VE NEVER LOOKED AT YOUR PROSTATE GLAND. YOU'RE NOT USED TO LOOKING AT YOUR BLADDER EITHER. THEY'RE BOTH INSIDE YOUR BODY. YOUR PROSTATE IS PART OF YOUR REPRODUCTIVE SYSTEM. THE PROSTATE HELPS MAKE THE FLUID (SEMEN) THAT HELPS PROTECT YOUR SPERM.

MALE PROSTATE HEALTH

PROSTATE CANCER
IS THE SECOND
MOST COMMON
CANCER AMONG
MEN. THIS IS
ANOTHER REASON
YOU NEED TO HAVE
A REGULAR EXAM.

Some people say it's shaped like a doughnut that partially surrounds the tube where your urine flows out when you pee. When you become an adult, it is about the size of a walnut. But as you grow older, your prostate can keep growing. It can become the size of a lemon instead of a walnut. By the age of 50, about 50% of men have enlarged prostates. If you think of your prostate like a balloon, it gets bigger and bigger, putting more pressure on your tube. This can cause problems with peeing. For many men fifty years or older, this can mean having to get up during the night to pee. It can mean sometimes dribbling a little pee, or feeling you need to pee several times a day. If you have a very weak pee stream, it may be due to an enlarged prostate. In some cases, this might be due to an infection in your prostate as well. Prostate cancer is

the second most common cancer among men. This is another reason you need to have a regular exam.

individual patient and that it is best to discuss with your PCP.

One out of every five men will have prostate cancer as they get older. Prostate cancer is a problem for many. The screening guidelines are under review and need to be tailored to each

TO KEEP YOUR PROSTATE
AS HEALTHY AS POSSIBLE,
KEEP YOUR BODY AS
HEALTHY AS POSSIBLE.

THIS INCLUDES REGULAR
EXERCISE, EATING GOOD
FOODS, AND NOT SMOKING. IT
ALSO MEANS ALWAYS TAKING
YOUR MEDS. YOUR AMIDA CARE
TEAM CAN HELP YOU WITH ANY
QUESTIONS YOU MAY HAVE
ABOUT YOUR PROSTATE, AND
HOW OFTEN YOU SHOULD
HAVE AN EXAM.

FURTHER READING

www.vigrxlook.com/7-things-each-man-ought-to-know-about-the-prostate.html

www.aidsmap.com/Prostate-cancer-more-common-in-older-HIV-positive-men/page/1418510/

www.cancer.gov/cancertopics/pdq/screening/prostate/Patient/page1/AllPages

www.malehealthcenter.com/c_enlarge.html



WHO IS AT GREATEST RISK OF ASTHMA?

Asthma affects people of all races, both sexes and all ages, and it affects people in every region of the U.S. However, asthma is seen more often among children, women, African Americans, Puerto Ricans and people in the Northeast.

Common asthma triggers

- Tobacco smoke
- Pollen
- Pet dander
- Dust mites
- Outdoor air pollution
- Mold
- Exercise and other activities that make breathing harder

It's important that people with asthma learn which factors trigger their episodes, and then try to minimize their exposure to them.

There is no cure for asthma but it can be controlled.

If you've been diagnosed with asthma and you have symptoms that require you to use your rescue inhaler too frequently, go see your asthma doctor. You may need a change in your asthma medication regimen for better control. Your doctor can determine the problem -- and solution -- so you can feel better and breathe right.

SOURCE: WWW.CDC.GOV/ASTHMA/PDFS/BREATHING_EASIER_BROCHURE.PDF



Dust Mites

Dust mites are teeny, tiny bugs that live in household dust. You need a microscope to see them. Dust mites don't bother most people, but some can be allergic to them and their droppings. If a person has asthma, they can worsen breathing problems.

Embrace Diversity

ACCEPTANCE, JUSTICE AND EQUALITY ARE THE TRUE VALUES OF THE CITY WE CALL HOME.

“...each bloodletting hastens the next, and as the value of human life is degraded and violence becomes tolerated, the unimaginable becomes more conceivable.”

BILL CLINTON

“I believe all Americans who believe in freedom, tolerance and human rights have a responsibility to oppose bigotry and prejudice based on sexual orientation.”

CORETTA SCOTT KING

“Tolerance implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others.”

JOHN F. KENNEDY

“If a couple of gay guys want to throw the gayest, most fabulous wedding of all time, the only way it should offend you is if you weren't invited.”


ORLANDO WINTERS
Stop Being a F***ing Idiot

“Tolerance is giving to every other human being every right that you claim for yourself.”

ROBERT GREEN INGERSOLL

“I do not believe, from what I have been told about this people, that there is anything barbarous or savage about them, except that we all call barbarous anything that is contrary to our own habits.”

MICHEL DE MONTAIGNE
The Complete Essays



“We are all
in the **same boat**,
in a stormy sea,
and we owe each
other a terrible
loyalty.” G.K. CHESTERTON



“We must learn to live together as
brothers or perish together as fools.”

MARTIN LUTHER KING JR.

Al fresco

Eating “al fresco” or outdoors is a fun way to celebrate the summer. Here are some ideas for fun picnics we all can prepare in a jiffy.

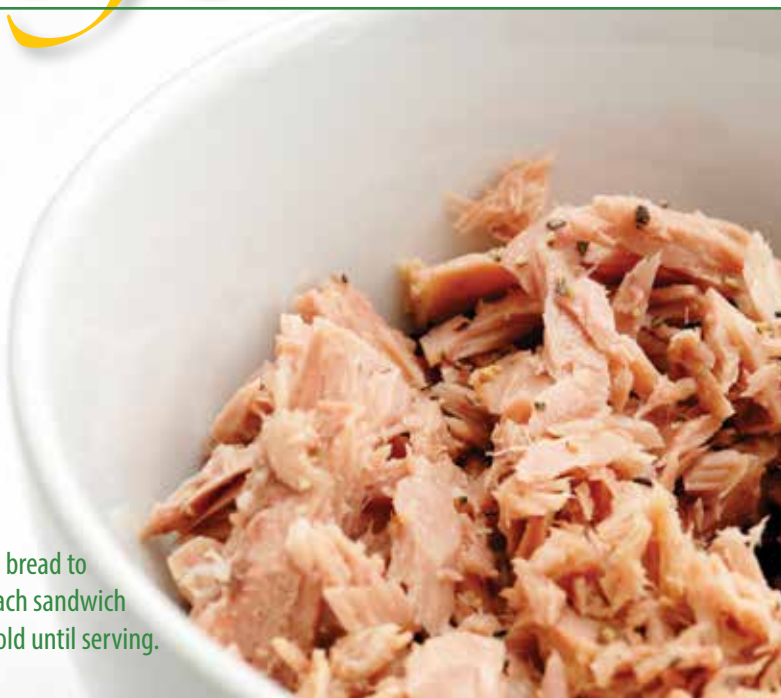
Mediterranean Tuna Salad

2 SERVINGS

One 5 oz. can of tuna in water, well drained
One teaspoon of olive oil
10-pitted olives, finely chopped
1/2 small onion, finely chopped
A pinch of oregano
Ground pepper to taste
Hot sauce to taste

In a medium size container, mix well all the ingredients.

You can stuff some pita bread halves or use your favorite bread to make a delicious picnic-ready sandwich. Tightly wrap each sandwich in aluminum foil or plastic wrap. Keep the sandwiches cold until serving.



An easy way to keep sandwiches cold, is to place **frozen bottles of water** with the sandwiches in a plastic bag or small cooler. As the frozen water melts, you will have a nice refreshing drink to cool you down.

The Omega 3 fatty acids found in tuna helps:

- Lower blood pressure
- Reduce the amount of fat in the blood
- Keep the heartbeat regular





Add finely chopped carrots, celery and broccoli to the tuna salad mix to super charge it with more beneficial nutrients.

Make it healthier

Celery

- Promotes a healthy immune system
- Flushes out excess fluids from the body
- Prevents cancer
- Helps with arthritis
- Lowers blood pressure
- Lowers cholesterol

Broccoli

- Strengthens bones
- Saves eyesight
- Combats cancer
- Protects your heart
- Controls blood pressure

Carrots

- Supports eye health
- Promotes healthy cell growth
- Protects your heart
- Helps your dental health
- Cleanses the liver
- Prevents cancer
- Strengthens immune system
- Nourishes skin
- Improves energy levels



For an easy picnic dessert there is nothing better than a nice ripe banana.

Remember to protect yourself from too much sun - wear sunscreen and sunglasses. Hats can also help protect your face. Sit in the shade and drink plenty of water to stay cool and hydrated.



A delicious dip for carrots, celery and broccoli

Many delis, fast food restaurants and take-outs offer small packets of various condiments such as mayonnaise, ketchup, soy sauce and mustard. Many of us keep the extra ones in our refrigerators or drawers. These condiments can be mixed to make an easy, tasty and inexpensive sauce.

Let's make us some Russian dressing or Mayo-Ketchup!

In a small bowl or cup mix equal amounts of ketchup and mayo. You can add a little hot sauce, garlic powder, oregano or chives to kick it up a notch. This sauce is full of flavor, so a little goes a long way.



In the Caribbean, this sauce is used as a dip for hushpuppies or "sorullos".



PARKS

WHERE TO PICNIC




Manhattan


Central Park: The Great Lawn
86th Street Transverse Rd.

 B & C trains to 86 St.

St. Nicholas Park
St. Nicholas Ave., St. Nicholas Ter.
bet. W. 128 St. and W. 141 St.


 A, B & C trains to 135 St.

Tompkins Square Park
Ave. A to Ave. B, E. 7 St. to E. 10 St.

 M8 bus to St. Marks Place - Ave. A
M14 bus to Ave. A - E 9 St.

Bronx

Mullaly Park
Jerome Ave. to River Ave. bet. E 164 St.
and McClellan St. at Cromwell Ave.

 4, B & D trains to 161 St., 9 min. walk


Queens

Flushing Meadows Corona Park
Grand Central Pkwy., Whitestone Expy.
bet. 111 St. and College Point Blvd., Park Drive E.


 7 train to 74 St. - Broadway

Brooklyn

Brooklyn Bridge Park
Plymouth St., New Dock St., Furman St. bet.
Old Fulton St. and Atlantic Ave.


 A & C trains to High St., 9 min. walk
2 & 3 trains to Clark St., 9 min. walk
B25 bus to Broadway Jct. - Alabama Ave.

Prospect Park
Prospect Park W, Parkside Ave. bet. Flatbush Ave.,
Ocean Ave. and Prospect Park SW

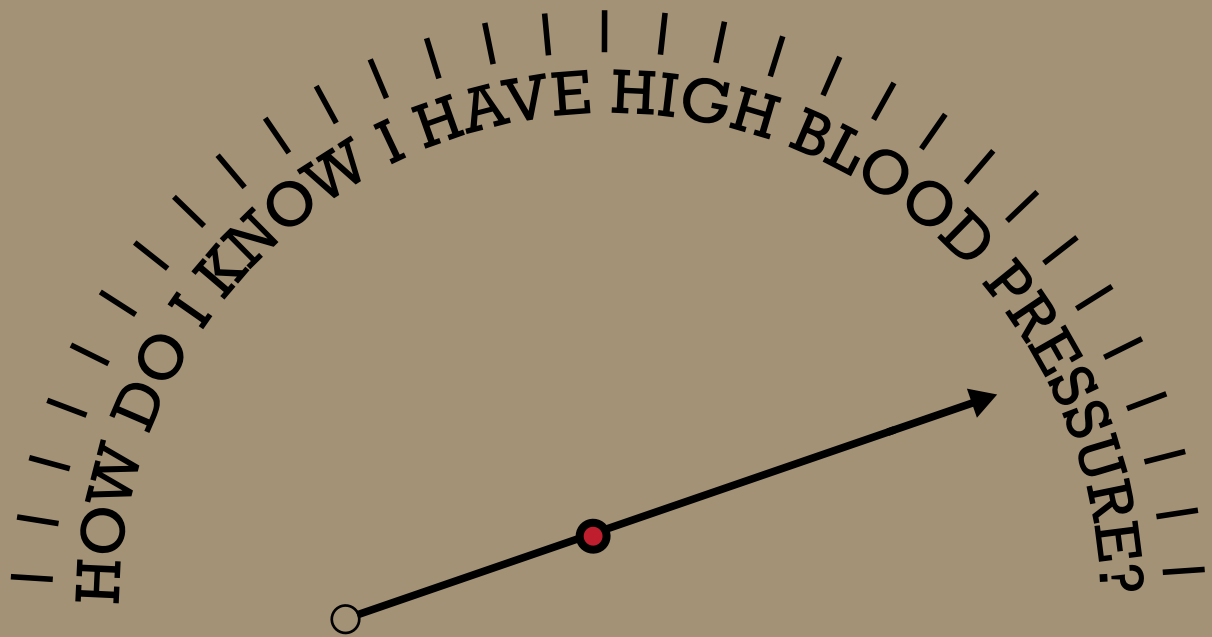
 2 & 3 trains to Grand Army Plaza
F & G trains to 15 St. - Prospect Park
B, Q and S trains to Prospect Park

Staten Island

Willowbrook Park
Richmond Ave., Victory Blvd.,
Ashworth Ave., and Forest Hill Rd.

 S44, S59, X17 and X17J buses to
Richmond Ave. - Eton Pl.

For more information
about our parks visit
www.nycgovparks.org



High blood pressure often has no signs or symptoms. The only way to find out if you have high blood pressure is to be tested for it. Using the familiar blood pressure cuff, your doctor or nurse can easily tell if your blood pressure is high.

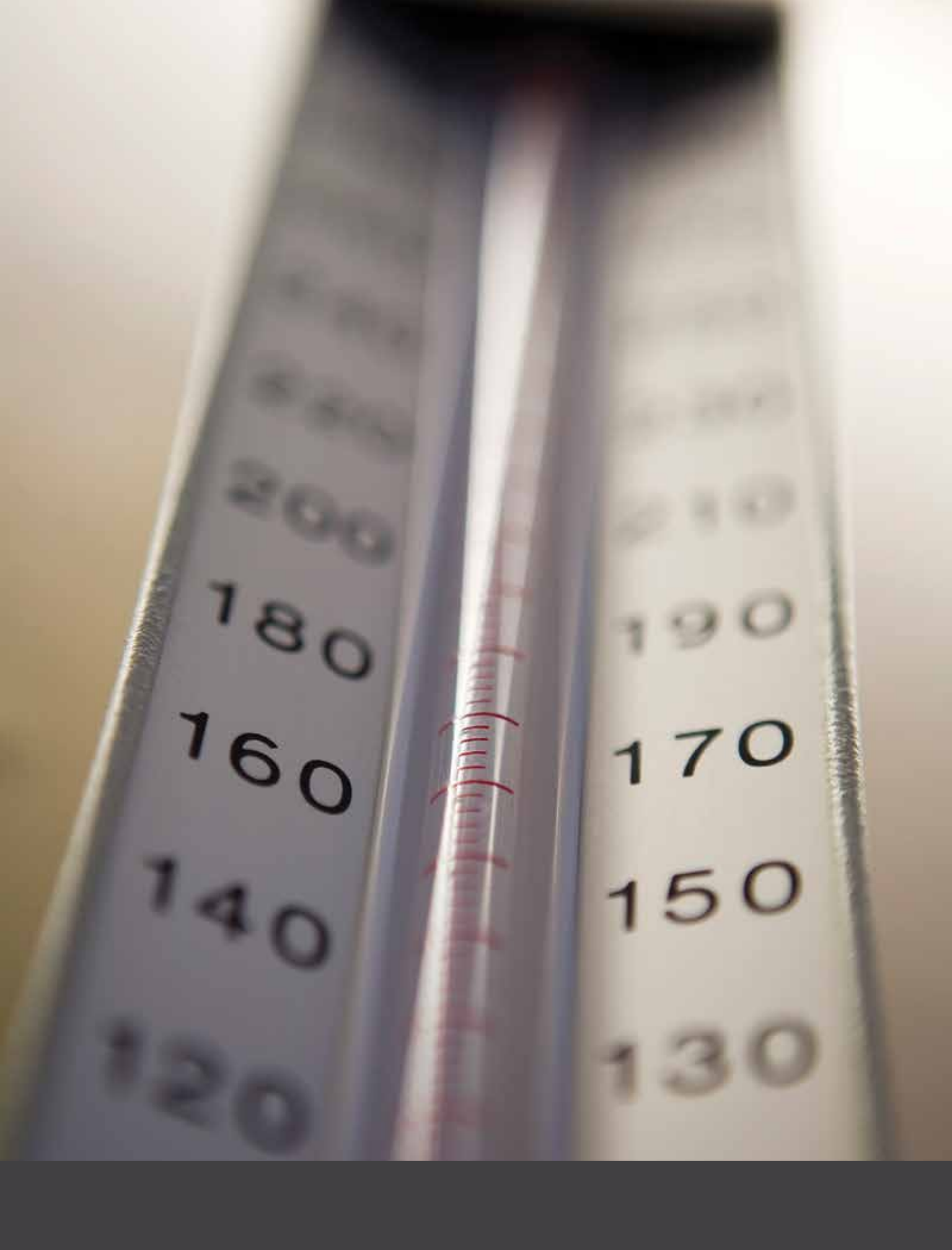
Tips for Having Your Blood Pressure Taken

- Don't drink coffee or smoke cigarettes 30 minutes before having your blood pressure measured.
- Before the test, sit for five minutes with your back supported and your feet flat on the ground. Rest your arm on a table at the level of your heart.
- Wear short sleeves so your arm is exposed.
- Go to the bathroom prior to the reading. A full bladder can change your blood pressure reading.
- Get two readings, taken at least two minutes apart, and average the results.
- Ask the doctor or nurse to tell you the blood pressure reading in numbers.

Why Is High Blood Pressure Important?

High blood pressure is risky because it makes the heart work too hard. It also makes the walls of the arteries hard. High blood pressure increases the risk for heart disease and stroke. High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness.

It's very important that you see your PCP as scheduled and keep your blood pressure under control.



120

140

160

180

200

130

150

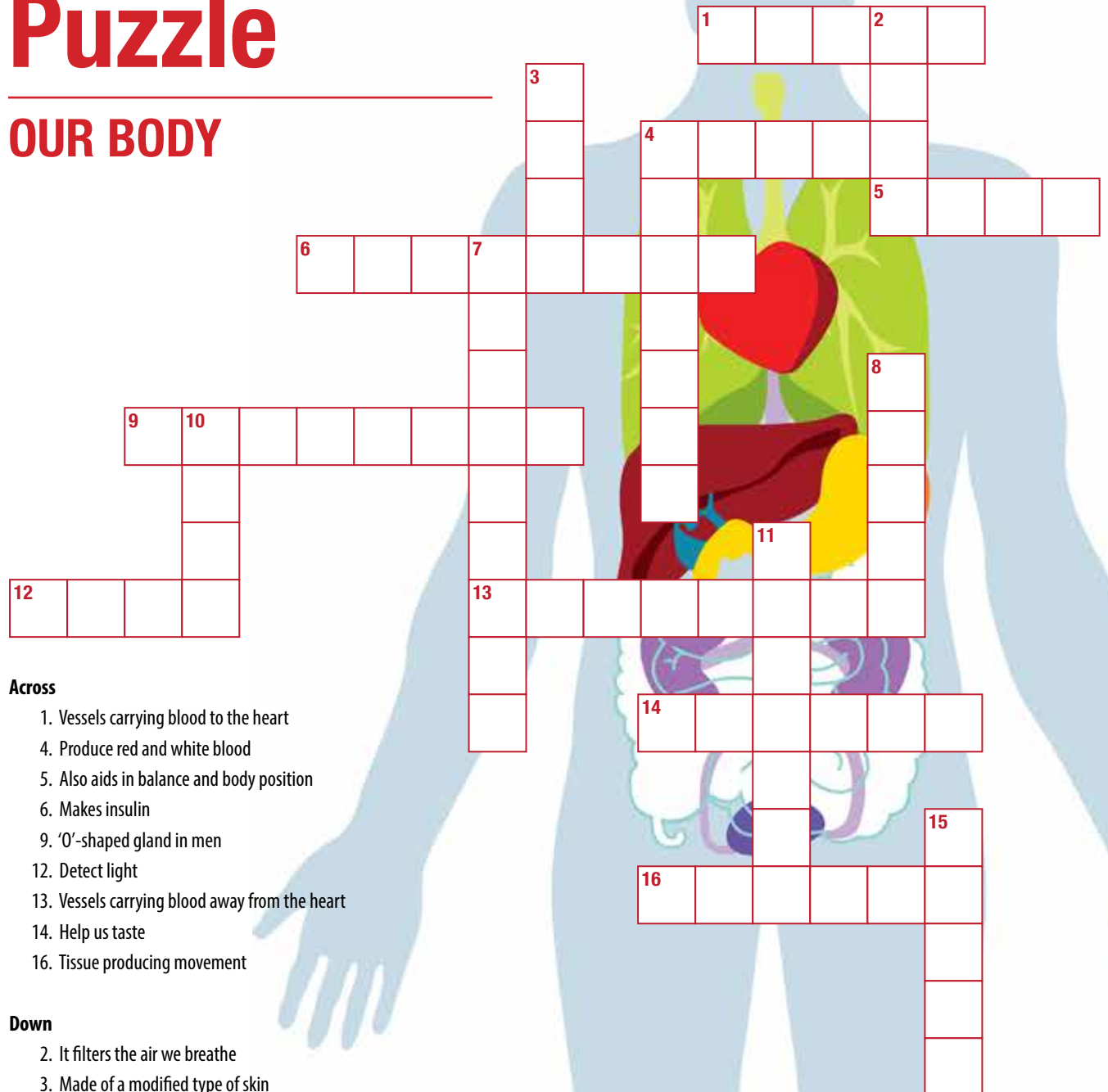
170

190

210

Crossword Puzzle

OUR BODY



Across

1. Vessels carrying blood to the heart
4. Produce red and white blood
5. Also aids in balance and body position
6. Makes insulin
9. 'O'-shaped gland in men
12. Detect light
13. Vessels carrying blood away from the heart
14. Help us taste
16. Tissue producing movement

Down

2. It filters the air we breathe
3. Made of a modified type of skin
4. Collects urine
7. Flexible connective tissue
8. Respiratory organ
10. Protect the heart and lungs
11. Help filter waste products from the blood
15. Blood-pumping organ



We are pleased to announce
our newer, larger and centrally
located Bronx office.

Please visit us; we are here to address
your concerns and needs.

Amida Care, better
service in **YOUR**
community.

Please visit us; we are here to address your concerns and needs.

Amida Care, better
service in **YOUR**
community.

Amida Care Bronx Borough Office
349 East 149th Street
Suite 401
Bronx, NY 10451

BY SUBWAY:

2 & 5 to E 149th St.
(Eugenio Maria de Hostos
Blvd.) and Melrose Ave.

BY BUS:

Bx19 & Bx2 to E 149th St.
(Eugenio Maria de Hostos Blvd.) and Courtlandt Ave.

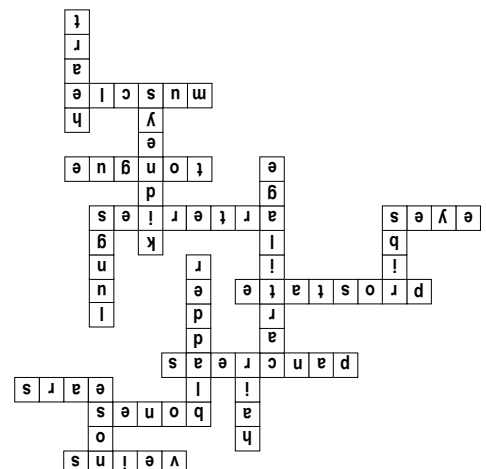


Amida Care
is now
offering
services in
Queens!

FOR MORE INFORMATION CALL MEMBER SERVICES AT **1-800-556-0689**

Crossword Puzzle

ANSWERS



AMIDA CARE'S Cross Gender Management Therapy Program

Having access to reliable and safe hormone therapy could be a big challenge for our transgender community. To address this issue and to respond to the needs of our members of transgender experience, Amida Care covers either injectable or oral estrogen treatment for male-to-female transgender members, and injectable testosterone for our female-to-male transgender members.

Amida Care provides hormonal drug treatment to our transgender females for a period of six months with prior authorization. During this time, it is expected that the member begins or continues to work towards a permanent change in their gender marker with the Medicaid office. After six months, members can continue receiving hormones, provided they send in a brief update form explaining the progress made towards a change in gender marker. This form can be completed by the member, her PCP, or case manager, and faxed directly to our Care Coordination department

at 646-786-1802. This is important because the Medicaid office only allows estrogen treatment for individuals whose gender marker is female in their records, with prior authorization through Express Scripts. PCPs can call Express Scripts to obtain an authorization at 1-800-417-8164. (Please note, that only providers can call Express Scripts.)

Currently, Medicaid does not require a gender marker change for female-to-male transgender members to receive testosterone, but prior authorization is needed.

Changing the gender marker with Medicaid Office could be difficult, intimidating and frustrating, but help is available. Please talk to your case manager or to one of the agencies in the **Transgender Resources** (page 21) for guidance with the gender marker change. For more information on our Cross Gender Management Therapy (CGMT) Program, please call us at 646-786-1800 and ask for the CGMT Coordinator. It will be our pleasure to help.

TRANSGENDER RESOURCES

These great organizations can help you with your gender marker change.

Sylvia Rivera Law Project (SRLP) 212-337-8550

Provides legal services for low income people and people of color who are trans, intersex, or gender non-conforming. This collective organization also works on discrimination cases related to housing, employment, foster care, welfare, benefits, immigration and school.

Transgender Legal Defense & Education Fund (TLDEF) 646-862-9396

Provides referrals to free legal services, as well as a name-change project, education, and advocacy, for transgender and gender non-conforming people. They can refer Spanish speakers to a Spanish-speaking attorney.

Housing Works

▪ Brooklyn 347-381-5330

Transgender Transitional Housing Program (TTHP) provides transitional housing to transgender and gender-variant individuals living with HIV/AIDS.

▪ Manhattan 212-645-8111

The Transgender Evening Program (TEP) provides referrals, supportive services, hot meals and clothes. Open to all transgender people. Occurs every Wednesday and Friday night at Housing Works' West 13th Street location from 3:30-5:30pm.





Keeping it confidential

Safeguarding your health information

HIPAA

Amida Care wants to make sure you know that your rights and information are being protected. The Health Insurance Portability and Accountability Act (HIPAA), is a federal law that protects personal medical information. The law only allows certain people to see this information. This means that not just anyone who asks for it can have it. The law requires that any HIV-related information can only be disclosed (shared with others) if the person signs an approved HIV release form. The Department of Health form, HIPAA Compliant Authorization for Release of Medical Information and Confidential HIV Related Information, allows the release of both non-HIV and HIV-related information.

HIPAA also gives the right to privacy to all young individuals between the ages 12 through 18. The provider must have a signed disclosure from the young person before giving out any information on provided health care to anyone, including parents.

You can learn more about HIPAA at
Department of Health and Human Services'
Office for Civil Rights website at
www.hhs.gov/ocr/hipaa

Article 27-F

New York State and Confidentiality Law and HIV – Public Health Law, Article 27-F is the section of the New York State Public Health Law that protects the confidentiality and privacy of anyone who has:

- Been tested for HIV
- Been exposed to HIV
- HIV infection or HIV/AIDS – related illness
- Been treated for HIV/AIDS – related illness

It is mandatory that anyone who is taking a voluntary HIV test, first sign a consent form. This means that the person understands what the test means and agrees to take it. It also requires that anyone with a legal guardian have their release form signed by their appointed guardian or healthcare proxy, before any information about his/her HIV status can be released or disclosed (shared with others).

Amida Care's mission is to provide access to comprehensive care and coordinated services that facilitate positive health outcomes and general well-being for our Members. This also means you should feel comfortable whenever visiting your health providers – knowing that your medical information is kept confidential.



STRIVE TO ACHIEVE YOUR PERSONAL GOALS



KEEP SCHEDULED
DOCTOR APPOINTMENTS



EXERCISE



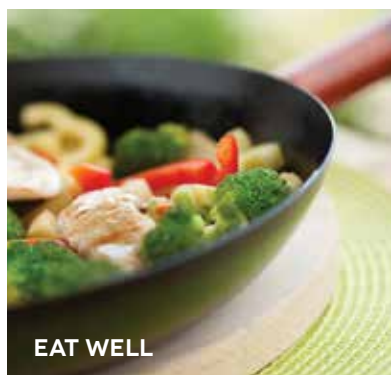
TAKE MEDICATIONS
CORRECTLY



STOP SMOKING

It is important to set healthy goals in order to achieve the best level of wellness possible in living with a chronic disease.

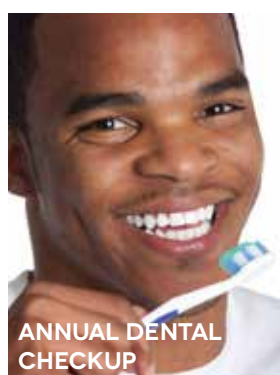
AMIDA CARE, ALONG WITH YOUR PCP AND CASE MANAGER, WANT TO HELP YOU REACH YOUR GOALS.



EAT WELL



MANAGE
STRESS



ANNUAL DENTAL
CHECKUP



ANNUAL EYE
EXAM

YOU CAN REACH US AT **1-800-556-0689**
OR VISIT US AT WWW.AMIDACARENY.ORG



CONDOMS ARE GOOD...

...EVEN BETTER
WHEN YOU WEAR THEM!

Condoms prevent pregnancies, STDs and HIV when used consistently and correctly. New Yorkers are fortunate to have the easiest access to **free condoms** than any other city in the U.S. Find the nearest location to get your free condoms by calling 311, visiting www.nyc.gov/condoms or using the NYC Condom Finder App for smartphones.

You can also pick up condoms at the Amida Care office in Manhattan, Brooklyn and the Bronx. In addition, Amida Care covers latex condoms and female condoms with a prescription, which you can obtain from your PCP.



AMIDACARE
www.amidacareny.org