



AMIDA CARE

MEMBER NEWSLETTER

2020 - VOL. 1

May your heart be warm
and your life colorful!



In this issue

- *Our New PrEP Magazine*
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- *Diabetes Prevention & Management*
- *Awards to Amida Care*
- *Live Your Life Wellness Events*



Note from Doug

2020 is here, and Amida Care starts this new decade as committed as ever to the battle to end the epidemic...

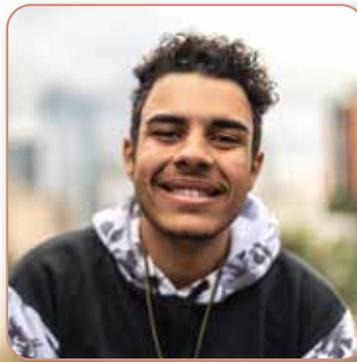
That's why we're working with the New York State Department of Health and our community and provider partners to ensure that PrEP – a game-changing weapon in the fight against HIV/AIDS – is made available to all New Yorkers. We created our latest community magazine, *PrEP Ready*, to spread this news and help educate everyone, especially those most at risk.

Amida Care proudly celebrates the many successes of 2019: we hosted a record number of 2,300 attendees at more than 40 *Live Your Life* wellness events, Life Celebrations, and other special events for you, our valued members. In the year ahead, we plan even more of these gatherings. They include Town Hall meetings where you're invited to ask questions about everything from curing Hep C or earning *Healthy Rewards* for taking care of your health to getting additional rewards for becoming virally suppressed through our *Live Your Life Undetectable Program*.

Coming up in November 2020, we face a crucial election, with results that will affect us all. Your vote is your voice, so please don't miss this chance to make yourself heard. Later this year we'll be sharing information on voter registration and related topics, so stay tuned.

This year, as always, we remain dedicated to the healing mission of Amida Care: to help each and every one of you become as healthy as possible, while living your best life!

– Doug Wirth, President and CEO



Looking for a doctor, dentist, or clinic? Take a look at our latest Amida Care Provider Directory

To access it, please go to www.amidacareny.org and select: For Members, Find a Provider. For a printed version of the current Provider Directory, please call Member Services at **1-800-556-0689 (TTY: 711)**, and ask to have a copy mailed to you.



WANT TO LEARN ABOUT
PREP? CHECK OUT

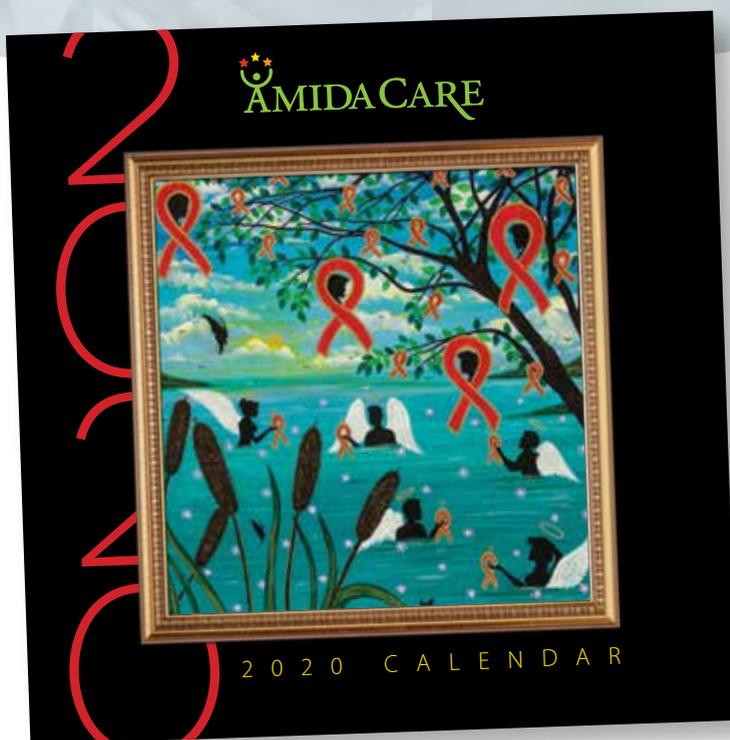
PrEP ready

OUR LATEST
COMMUNITY
MAGAZINE

Amida Care's newest community publication, a bilingual magazine entitled PrEP Ready, came out just in time to mark World AIDS Day, and it shares the latest information about PrEP. This game-changing treatment is highly effective in preventing HIV. Our magazine shares news on PrEP medications, what to expect when taking PrEP, and how to pay for it. We also offer suggestions on where to get support and advice on PrEP in our city, state, and nationwide. Go to our website at www.tinyurl.com/PrEPmagazine to read this magazine online or pick up a print copy in our office or at your next provider visit.

Did You Receive Your 2020 Amida Care Art Calendar?

Fourteen winning art works and seven honorable mentions were selected among our many contestants to appear in Amida Care's 2020 art calendar art contest. Enjoy the beautiful artwork and keep track of your appointments, special events, and other occasions all year long. If you haven't received yours or want an extra copy, call Member Services at **1-800-556-0689 (TTY: 711)**.



News Briefs for Amida Care Members



Live Your Life Undetectable Program

– People living with HIV can lead long, healthy lives by taking medications that make the virus undetectable! Members who enroll in our *Live Your Life Undetectable* program can get rewards up to \$400 a year (\$100 every three months) for becoming or staying virally suppressed (a viral load of less than 200 copies/ml). To learn more, call Member Services at the phone number listed below.



It's Important to Recertify for Medicaid!

– Every year you receive a Medicaid Renewal notice from the Human Resources Administration (HRA) or NY State of Health (NYSOH) Marketplace. Be sure to open and read this notice right away to find out how to renew your coverage without interruption. We're here to help and answer your questions, so feel free to phone us or visit our Walk-In Center in Manhattan. You may also call the **NY State of Health Marketplace** at **1-855-355-5777** or visit nystateofhealth.ny.gov.



Healthy Rewards VISA Card – You can earn up to \$125 a year, credited to your **Healthy Rewards VISA Card**, simply for taking good care of yourself! If your card expires in 2020, simply watch your mailbox for your new card and activate it immediately to keep those rewards coming. Any remaining funds will automatically transfer to your new card. Have questions? Just call us at the number listed below.



RHIO Consent Form – If you haven't done so already, please sign a RHIO (Regional Healthcare Informational Organization) consent form. This helps you get the right care by creating a protected "virtual medical record" that's available to hospitals, emergency rooms, or providers whom you allow to access your information. If you change your mind, you can always fill out a new form. Please call us or stop by with questions.

Live Your Life Wellness Events

From the holiday Cirque de Soleil show at Madison Square Garden to our Healthy Cooking demonstration and Thanksgiving Meal, Amida Care puts on monthly **Live Your Life** wellness events that are fun and educational. Watch for texts and mailed invitations or check our website for details at www.amidacareny.org



Call AMIDA CARE MEMBER SERVICES at 1-800-556-0689 (TTY: 711) or visit our Manhattan Walk-In Center at 234 West 35th Street (between Seventh and Eighth Avenues).

DIABETES



Sign Up for the New York Lifestyle Change Program

A New Medicaid Benefit

Do you know anyone who's living with type 2 diabetes? Here's a question you could ask them: "If you'd had the chance to work with a lifestyle coach to show you how to delay or even prevent diabetes, would you have taken it?" They would probably say YES.

If you have received a diagnosis of pre-diabetes, you might soon be asked this same question. Starting in February 2020, Medicaid benefits include a program especially designed for people with pre-diabetes – a condition that comes before diabetes.

This new benefit is called the **New York State Lifestyle Change Program**, our state's version of the National Diabetes Prevention Program (NDPP). It provides the opportunity to meet up to 22 times a year with a lifestyle coach who teaches people with pre-diabetes how to avoid or delay getting diabetes.

Are you wondering whether you have pre-diabetes? Ask your doctor or Primary Care Provider if your weight and blood test results meet the criteria. To find programs in your area, call Member Services at **1-800-556-0689 (TTY: 711)**.

Are you living with diabetes and testing blood glucose (sugar) multiple times a day?

Amida Care recognizes that living with diabetes can be a challenge, so our team works to ensure that our members have access to the best tools available. As of January 2020, we are providing coverage for a new, easier way to check blood sugar levels.

People on insulin with diabetes use test strips to check and maintain a normal blood sugar level, in order to prevent complications like vision loss or nerve damage. Those who take

insulin several times a day need to check more often, but the testing plan is different for every individual.

Continuous glucose monitors (CGMs) offer a new way to test for blood sugar that replaces the need for finger-sticks and test strips. CGMs track blood sugar levels using a disposable patch with a sensor that can even connect to a smartphone. CGMs can also monitor levels overnight. Speak with your primary care provider to find out if CGMs are right for you.

– Amida Care's Pharmacy Department



Continuous glucose monitors (CGMs) can make it easier to test blood sugar daily, especially for those who take insulin.

Amida Care Members, Staff, & Friends Celebrated by



Every year *POZ* magazine names 100 outstanding advocates for transgender, gender-nonconforming, and nonbinary people. In late 2019, a number of Amida Care members, staff, and friends made The *POZ* 100 list. They include members *Lailani Muniz*, *Sabastian Roy*, current and former staff members *Monique Mackey* and *Octavia Y. Lewis*, and longtime friend and supporter *Cecilia Gentili*. The magazine also published a profile of Amida Care member *Deborah Stanton*, who completed our WIN job training program and is employed as a peer worker with a community organization in the Bronx.



AND THE AWARDS KEEP COMING...

In late 2019, our **President and CEO Doug Wirth** was honored by **Hudson River Health Care (HRHCare)**, which recently merged with Amida Care sponsor Brightpoint Health to become one of the nation's largest Federally Qualified Health Center (FQHC) networks. Doug was honored for working to help New Yorkers with complex health conditions to get and stay healthier.

Doug was also listed among **City & State's 2019 Nonprofit Power 100** for "making a substantial impact on HIV/AIDS treatment in NYC." The list recognizes the top 100 leaders who have an impact on New York communities.

Life Celebration!

We Hope to See You There

Watch your mailbox, cellphone texts, and Amida Care's website (www.amidacareny.org) for the 4-1-1 on our next *Life Celebration*. This special occasion happens in late February, so please keep an eye out for the exciting details. Don't miss this chance to get together and enjoy yourself with fellow Amida Care members!



www.AMIDACARENY.org    

UPDATE: **New Benefits Covered by Amida Care**

Children

Behavioral Health Benefits for Children (Under 21)

Since July 2019, Amida Care covers behavioral health services for children and young people under age 21, including hospital-based outpatient services for alcoholism, substance use, and opioid treatment; inpatient treatment for chemical dependence; psychiatric and psychological treatment; and a variety of rehabilitation programs.

Children's Home and Community-Based Services (HCBS)

Since October 2019, Amida Care covers children's HCBS and provides care management of these services for our members who participate in the Children's Waiver.

Children and Family Treatment and Support Services (CFTSS)

Amida Care's coverage of CFTSS began early last year, but effective January 1, 2020, additional services have been added to help children and their families improve their health, well-being, and quality of life.



Adults

Infertility Benefits

Effective October 1, 2019, for Amida Care members who would like help to conceive children, we now cover some infertility drugs (limited to three cycles of treatment per lifetime).

National Diabetes Prevention Program (NDPP)

Starting February 1, 2020, our members are offered diabetes prevention services through the NDPP. This benefit includes up to 22 NDPP group training sessions a year with a lifestyle coach. To find out more, please turn to the news item on Page 5.

Have questions or want more information on any of these benefits? Call Amida Care Member Services at 1-800-556-0689 (TTY: 711).





ZEN
IN THE CITY

At this time of year when the sun rises and sets higher in our northern skies, let's bring illuminating light to ourselves and those around us.” - Susana R.

En esta época del año cuando el sol sale y se pone más alto en nuestros cielos del norte, seamos la luz que nos ilumina e ilumina a los que nos rodean.

