



Curious About Long-Acting PrEP?

More and more people are trying long-acting injectable (LAI) PrEP to prevent HIV, instead of taking a daily pill. Ask your provider if Apretude (Cabotegravir), which is given every two months; or Yeztugo (Lenacapavir), given every six months, is right for you. Read about LAIs [here](#).

Get Checked!

It's important to get regular check-ups to stay healthy. You can even get money for visiting the doctor through Amida Care's Healthy Rewards program! Visit <https://amida.care/HealthyRewards> for more information.

- If you are living with HIV, make sure you are getting your viral load checked regularly and taking your meds to keep it low. For each three-month period that your viral load is suppressed, you can receive \$100 in Healthy Rewards (up to \$400 per calendar year). Not only will you stay healthy, but viral suppression helps end the epidemic for everyone!
- Is it time for your cervical cancer (PAP) screening? This important test can prevent cervical cancer or successfully treat it when caught early. Ask your provider how often you should get tested (and earn \$25 annually in Healthy Rewards).
- Have you been screened for depression by your provider lately? It's a good way to stay on top of your mental health. Remember to have a follow-up appointment with your provider within 30 days if you were screened to have depression. If you are feeling down and would like to talk to someone, Amida Care's mental health provider, Carelon, offers referrals for in-network counseling and other resources. Call **(866) 664-7142** or visit <https://www.carelonbh.com/amidacare/en/home>. For more urgent assistance, call the crisis hotline at **988**.



Having Fun and Staying Cool This Summer

We love summertime and there are many ways to enjoy the weather, including picnics in the park, backyard barbecues, and cooling off at public pools. Find events taking place at parks across New York City (NYC): <https://www.nycgovparks.org/events>.

To stay comfortable during heatwaves, check out these tips to cool your body and home:

- Spray your skin with a mist of cool or room-temperature water.
- Block out the windows in your home—especially those that get afternoon sun—with a blanket or a dark sheet during the day to keep the heat out.
- If you don't have A.C., keep windows open at night and run fans to circulate the air. You can also visit a NYC cooling center: <https://finder.nyc.gov/coolingcenters/>
- Wipe your forehead with a cool cloth.
- Put ice cubes in your water bottle, especially if you're outdoors.
- If you plan to exercise outside, or need to work outdoors, wet your head with cold water. Cold showers can also help you cool down.

Check Out Our Provider Directory

As a member, you have access to a wide network of highly qualified doctors and health care providers offering all medical specialties and a full range of health services. All are listed in our provider directory, which you can access several ways:

- Visit www.amidacareny.org and use our provider search tool
- Request a copy of the Provider Directory to be mailed or emailed to you by calling Member Services at **1-800-556-0689** or **TTY 711**
- Sign up for the [My Amida Care App](#) and click on Member Resources

If you have any questions, please call Member Services at **1-800-556-0689** or **TTY 711**



Our Gender-affirming Care Doula Program Is Up and Running

Our Gender Identity Support Team (GIST) Doula Program helps members navigate gender-affirming surgery through peer-to-peer support. The program provides guidance outside of doctors' offices, delivered by individuals with lived experience in gender-affirming care, to make your experience as smooth as possible! We will contact those who qualify for the program, but if you have any questions or want more information, please email gist@amidacareny.org.

Stay in Touch!

Please make sure that our (10-digit) text number **607-247-1009** is not being blocked or marked as spam so that you can continue receiving our messages.

Also, please check that we have your current phone number and mailing address (and don't forget to let us know if you are moving). Log into the My Amida Care App to update your contact information, or call our Member Services at **1-800-556-0689, TTY 711**, with any changes.



Don't Lose Your Medicaid Benefits!

Remember: If you don't renew your Medicaid benefits every year, you could lose your coverage and access to important health services, including medication.

Need to update your contact information? Call NY State of Health at **1-855-355-5777 (TTY: 1-800-662-1220)** or log into your account at <https://nystateofhealth.ny.gov>. If you enrolled in Medicaid through Human Resources Administration (HRA), you can call the HRA Medicaid Helpline at 1-888-692-6116 or log into your account at ACCESS HRA.

Need assistance? Amida Care is here to help. Just call our Member Services at **1-800-556-0689, TTY 711**. We're always happy to assist you.

Report Fraud, Waste, or Abuse

Please call our Compliance Hotline at **1-800-394-2285 (toll free) TTY:711** if you suspect any cases of fraud, waste or abuse that involve your care. You can report your concern anonymously or leave your name and number so we can contact you and get more information if needed. You can also write to us at Amida Care, Attn: Compliance Department, 14 Penn Plaza, 2nd floor, NY, NY 10122.



www.AmidaCareNY.org

Member Services: 1.800.556.0689 / TTY 711

Amida Care complies with Federal civil rights laws. Amida Care does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. 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