



The AMIDA CARE View

IN THIS ISSUE

NUTRITION &
BETTER SEX

GRATITUDE
PROJECT

TREATMENT
ADHERENCE



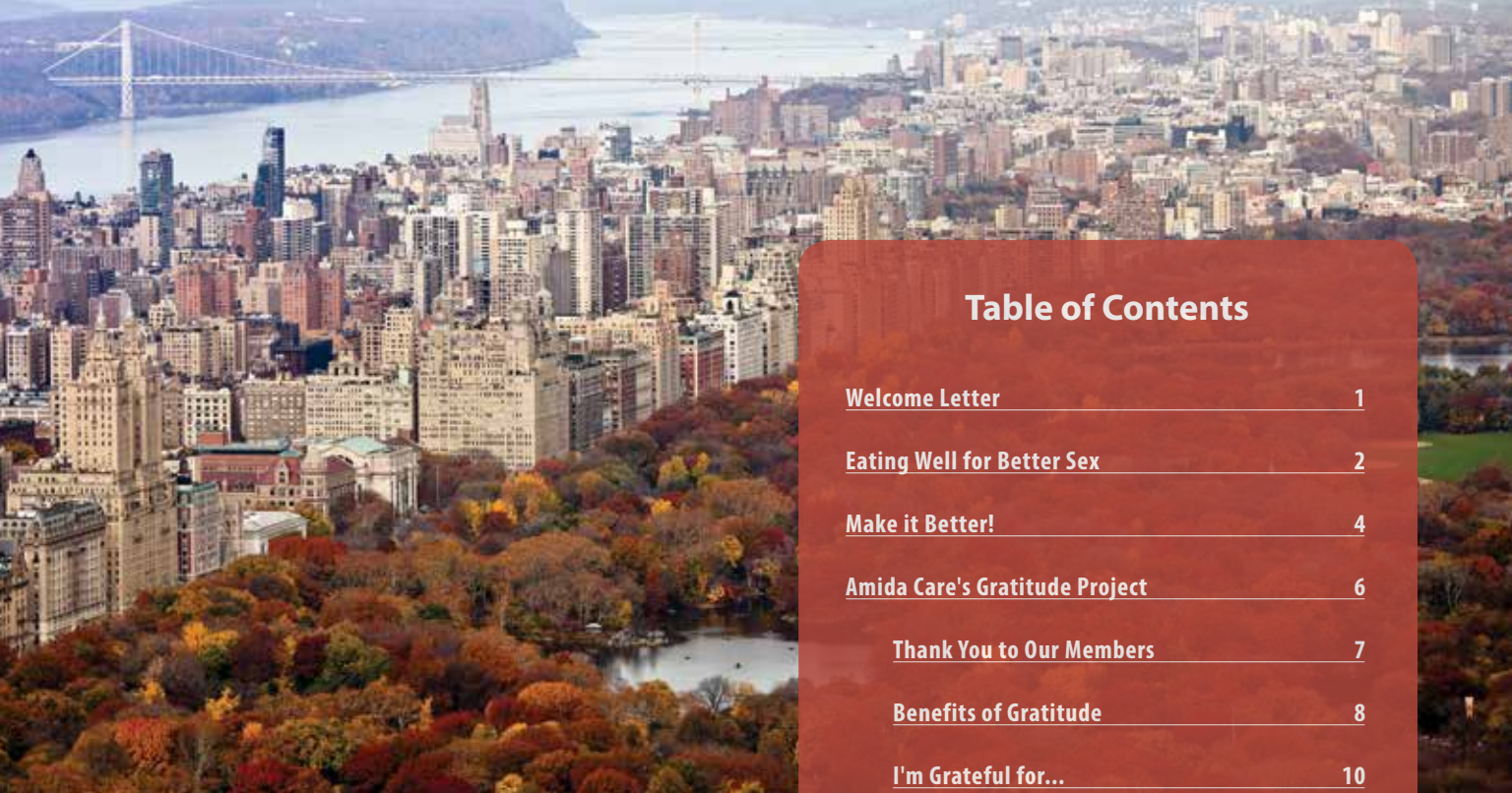


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You can always call

Member Services at:

1-800-556-0689

or visit us online at:

www.amidacareny.org

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Dear Amida Care Members,

Welcome to the fall issue of **The Amida Care View**. I hope you've had a great summer, enjoyed some outdoor events and found helpful tips and recommendations in our previous issue. Be sure to check out some of the highlights from this year's *Summer Life Celebration* on page 18!

As we transition into yet another beautiful season, full of the refreshingly cooler weather and beautiful warm shades in the trees and skies above, we recognize that we have plenty to look forward to and continue to celebrate!

One of the things we are not looking forward to, however, is **FLU SEASON**. Now is the time to get your flu shots if you haven't done so already.

There are new vaccines against the flu this year, find out more about them on page 28.



Your health and wellness is always first on our minds.

While we have confidence that you've worked to maintain your appointments and have been taking your medications; let's really talk about **ADHERENCE** (page 20) and agree to make a plan to deal with anything that gets in the way of your wellness plan and that includes taking medication/s properly.

In this issue you will also find health related articles such as **MEDICATION SIDE EFFECTS** (page 24), **HEPATITIS C** (page 22), **PRE-DIABETES** (page 4) and even an article on **FOODS FOR BETTER SEX** (page 2).

Fall brings a collective feeling of **GRATITUDE** at Amida Care. One of the things we are most grateful for is YOU – our member. **THANK YOU** for choosing us and being an active Amida Care member. We will continue to go **ABOVE AND BEYOND** for you.

If you feel moved to be part of this gratitude process, check out the joys and benefits of feeling and expressing gratitude on pages 6-17. You're invited to share your ideas with us!

Enjoy the wonderful fall season and this issue of your member magazine.

Abrazos,

Doug Wirth

President & CEO



EATING WELL FOR

Better SEX



A good diet helps us keep a healthy body, but it can also help our sex life. Dr. Steven Lamm of the New York School of Medicine says: “Essentially, what’s good for your heart is good for better sex.” Everyone needs blood flowing to the genitals for erotic responses. People with clogged arteries will understandably have problems. A low-fat diet, stress management, and moderate exercise are recommended to stay healthy and sexy. These diet tips can also help reduce heart disease.

Many of the foods that may help your sex life are ones you should be eating anyway for general health. These include:

- **Green leaf vegetables** like spinach, which are packed with fiber, vitamins and minerals.
- **Fresh fruits**, especially those with a lot of vitamin C, such as citrus. Watermelon can also help boost nitric oxide. Like Viagra, nitric oxide helps with erectile dysfunction (problems with erections).
- **Protein** – beans and lean meats are a good source of protein.
- **Fish high in omega-3 acids** like tuna, sardines and salmon. According to sexologist Yvonne Fulbright, Ph.D, this can help raise brain chemicals that can help you get jiggy.
- **Oatmeal and whole grains.** Oatmeal has been shown to be a natural way of raising testosterone levels in men and women, which can help drive up your interest and stamina. Like watermelon, it can also help provide higher levels of nitric acid, which you now know is connected to Viagra.
- **Saving one of the best for last – dark chocolate.** It has a chemical that triggers the same chemicals in the brain that go with sexual arousal. According to one British study, brain scans of men and women showed they got more buzz from chocolate melting on their tongues than a passionate kiss (with tongue). So, why not combine the chocolate with a juicy fresh strawberry, to get a double dose of health.



*A diet that's healthy
for you, is healthy
for your sex life*





MAKE IT BETT

Have you heard of prediabetes?

Prediabetes means that your blood sugar levels are higher than normal, but not high enough to be called diabetes. Knowing if you are prediabetic is very important, since prediabetes can become diabetes if you don't take care of it. There are a few things that increase our risk for prediabetes (and diabetes). You should think about getting checked if you:

- Weigh too much;
- Are not active;
- Are 45 years of age or older;
- Have a mother, father, brother or sister with diabetes;
- Are African or African American, Latino, Native American, Asian or Pacific Islander (these communities are at higher risk for diabetes);
- Are a woman who had diabetes while pregnant (gestational diabetes);
- Have high blood pressure (140/90 mm Hg or higher);
- Have low HDL cholesterol (good cholesterol) and high triglycerides (fat in the blood used to provide energy to the body).



ER! Controlling your blood sugar is good for you.

You can make it better and lower your risk for diabetes by preventing or treating prediabetes:

- **Eat healthy foods** low in fat and calories and high in fiber;
- **Be more active** by trying to exercise moderately for at least 30 minutes a day. A brisk walk is great;
- **Lose 5 to 10 percent of your weight** if you weigh too much. So, for example, if you weigh 200 pounds, try to lose 10 to 20 pounds.

Knowing if you are prediabetic is very important, since prediabetes can become diabetes if you don't take care of it.

Ask your PCP if you need to be tested for prediabetes. Remember: knowledge, prevention, and treatment will make it better.

"WE CAN ONLY BE SAID TO BE ALIVE IN THOSE MOMENTS WHEN OUR HEARTS ARE CONSCIOUS OF OUR TREASURES."
THORNTON WILDER

THE AMIDA CARE
Gratitude
PROJECT

THANKS - A SIMPLE YET POWERFUL WORD.

A sincere "thank you" makes us feel warm in our hearts when we hear it
—blessed and connected when we express it to others.

Research has proven that a positive attitude improves our health, state
of mind and general sense of wellbeing. But staying positive can be difficult
when life presents us with challenges, big and small.

One simple way to improve our mood and to start feeling more positive,
is to give thanks for that which is working in our lives.
As the refrain says, "let's count our blessings."

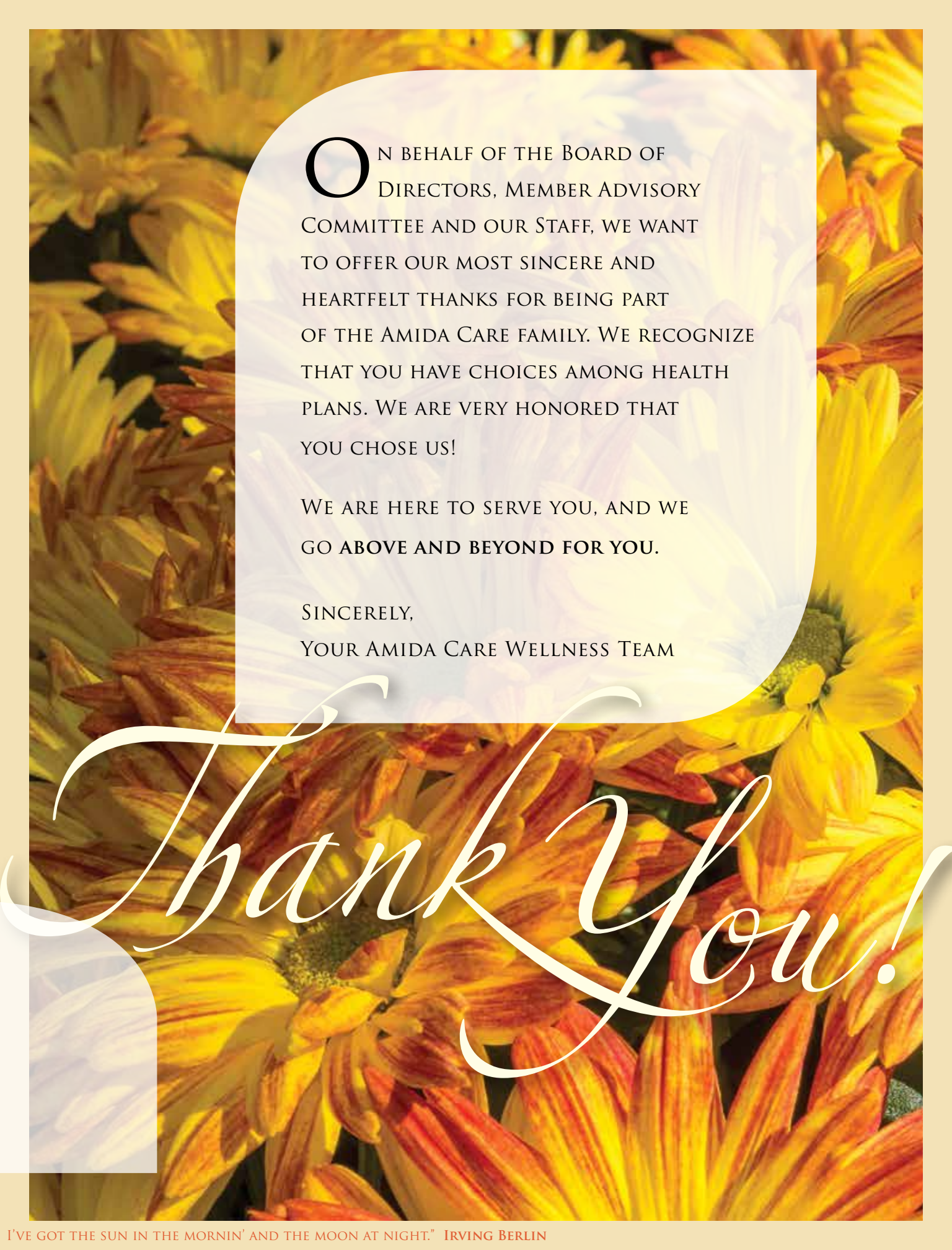
We put together a collection of information, inspirational quotes, member's
gratitude meditations and thank you notes. We hope they will inspire
you to include gratitude or other mood-enhancing practices that will
support you in experiencing more peace and joy in life.
Remember that the better you feel inside, the better you can take
care of your body, your relationships, and your life.

SPECIAL MESSAGE

— THE BLESSING OF CHALLENGES —



Anger, fear, and sadness are a natural part of our lives; and in many occasions they are forces that help us overcome things and improve our lives. Actually, AIDS activists in the 80s and 90s channeled these emotions to fight for fair and timely access to health services and resources. They revolutionized the way the world delivers and accesses health care - and for that, we are thankful. Yet from time to time it's nice to take a break from these heavy emotions - a quick exercise in gratitude could help us experience a few moments of lightness. It's important to take care of our emotional health. If you need help, we are here for you. Call us at 1-866-664-7142.



ON BEHALF OF THE BOARD OF
DIRECTORS, MEMBER ADVISORY
COMMITTEE AND OUR STAFF, WE WANT
TO OFFER OUR MOST SINCERE AND
HEARTFELT THANKS FOR BEING PART
OF THE AMIDA CARE FAMILY. WE RECOGNIZE
THAT YOU HAVE CHOICES AMONG HEALTH
PLANS. WE ARE VERY HONORED THAT
YOU CHOSE US!

WE ARE HERE TO SERVE YOU, AND WE
GO ABOVE AND BEYOND FOR YOU.

SINCERELY,
YOUR AMIDA CARE WELLNESS TEAM

Thank You!

Benefits of Gratitude





PEOPLE WHO REGULARLY GIVE THANKS ARE MORE LIKELY TO...

- + IMPROVE THEIR PHYSICAL AND EMOTIONAL HEALTH
- + FEEL CONNECTED TO OTHERS
- + STRENGTHEN THEIR FAITH AND HOPE
- + BE IN A BETTER MOOD
- + HAVE MORE PEACE OF MIND
- + SLEEP BETTER
- + MAKE OTHERS FEEL APPRECIATED
- + HAVE HIGH SELF-ESTEEM
- + FEEL BLESSED
- + VALUE AND MAINTAIN BETTER RELATIONSHIPS
- + VIEW LIFE WITH A POSITIVE ATTITUDE
- + BE COMPASSIONATE
- + TAKE POSITIVE RISKS IN THEIR LIFE AND RELATIONSHIPS
- + HAVE A GENERAL SENSE OF WELLBEING
- + LEARN FROM PAST EXPERIENCES
- + HAVE A BALANCED PERCEPTION OF THEIR REALITY
- + BOOST THEIR IMMUNE SYSTEM
- + SMILE MORE
- + EXERCISE MORE
- + SET AND ACHIEVE GOALS
- + NURTURE CREATIVITY
- + DEVELOP THEIR CHARACTER
- + LIVE WITH INTEGRITY AND HONESTY
- + EXPERIENCE MORE POSITIVE EMOTIONS
- + BE HAPPY WITH WHAT THEY HAVE
- + EMPOWER THEMSELVES AND OTHERS
- + EXPERIENCE THEIR GENEROSITY
- + FEEL JOYFUL AND ALIVE!



I AM

Grateful

FOR...

AMIDA CARE MEMBER'S GRATITUDE MEDITATIONS

I'm grateful to be living, to be alive. I love people; I love giving and receiving support. Bless everybody. I've been clean for 12 years and I'm very grateful to be alive.



Jolette



From left to right:

Alvester

Lisa

Victwan

Denice



Ernesto

I am grateful to be sober for 6 months, loving life, having clarity, and enjoying more health than ever before.



Renee

I'm grateful to be alive today thanks to Amida Care. They have taken care of me ever since I found out I was positive. Amida Care has given me places to go and get healthcare to take care of myself. I love going to the Amida Care parties. It makes me happy.



Miguel

I'm grateful for God finding me. I was lost in between medication and drug addiction. Thanks to God, I was able to find inner strength, I was able to find myself, and I was able to overcome all of the obstacles that came my way.



Evelyn

I am grateful that I can take my medications and have protected sex with my husband. I'm grateful to have my family back in my life. I am grateful to have a family in Housing Works 13th St. I am grateful that I get to teach others about Amida Care.

ALVESTER I am grateful to be alive and waking up every morning. I am grateful for my health and for my family's. I am grateful that my mother is still alive and that I speak to her as often as I can; and to have the friends that I have, that love me as much as I love them. I am also grateful to have my job and to be around coworkers that I love. I am grateful to be here and I want to be here another 50 years!

LISA I am grateful for LIFE!!! I am grateful for being a member at Amida Care and having the privilege to work as a part time office worker at its office, that's what I'm grateful for. I am grateful for my health because it has improved greatly. I'm blessed to wake up another day.

VICTWAN I'm grateful for the memory of my mother. Her memory motivates me to keep moving and growing. She wasn't perfect but she was always a shining example of what a person should be. Today I try to see her in everybody, which makes my job easier. Not just easier, it makes it seem like it's not a job. Everyone wants to help their mother!

DENICE I am grateful that my healthcare plan (Amida Care) covered all of my medical needs when I found out I was HIV positive and was also diagnosed with breast cancer. And I'm grateful for the fact that they gave me people to speak to when I didn't feel like speaking at all. I am thankful that now I am a breast cancer survivor!

Gratitude

J O U R N A L



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



DAY 7

JOURNALING OR WRITING DOWN OUR THOUGHTS, FEELINGS, AND EXPERIENCES IS A VERY POWERFUL TOOL FOR PERSONAL DEVELOPMENT. KEEPING A RECORD OF WHAT WE ARE GRATEFUL FOR EVERY DAY IS A GREAT WAY TO BRING THE POSITIVE EFFECTS OF GRATITUDE INTO OUR LIVES. WE INVITE YOU TO START WITH THESE PAGES. EVERY MORNING BEFORE YOU GET BUSY WITH YOUR DAY, TAKE A FEW MINUTES TO WRITE DOWN 3 THINGS YOU ARE THANKFUL FOR. KEEP DOING IT FOR AT LEAST 14 DAYS.



DAY 8



DAY 9



DAY 10



DAY 11



DAY 12



DAY 13



DAY 14

- THE GRATITUDE BOARD -



*Share your experiences and thoughts with us. Let us know what you are thankful for.
We will publish a few of your responses in our next issue.
Send your gratitude meditations to publications@amidacareny.org or mail them to
Amida Care/Publications, 248 West 35th Street, 8th Floor, New York, NY 10001*

First Name _____ First Letter of Last Name _____

Site _____

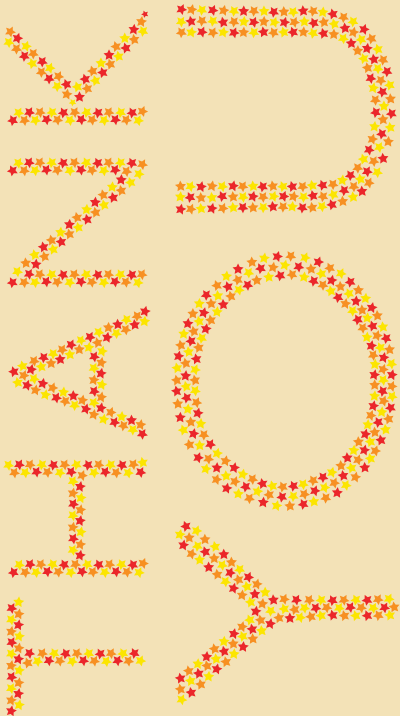
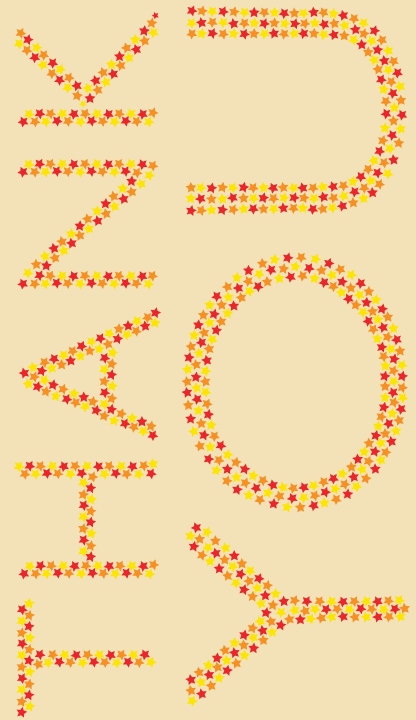
Amida Care Member # _____

Address _____

Telephone _____

I am thankful for:

Please write clearly and legibly. We will publish your gratitude message with your first name and initial. We will try to include as many gratitude messages as possible in our next issue, but make sure that we get your entry by November 20, 2013.



LET OTHERS KNOW HOW MUCH YOU APPRECIATE THEM. CUT OUT THESE THANK YOU NOTES, WRITE SOME SWEET THINGS AND SHARE THEM WITH THE ONES YOU LOVE.









**LET OTHERS KNOW HOW MUCH YOU APPRECIATE THEM. CUT OUT THESE
THANK YOU NOTES, WRITE SOME SWEET THINGS AND SHARE THEM
WITH THE ONES YOU LOVE.**

SELF Gratitude

WHEN WAS THE LAST TIME YOU THANKED YOURSELF?

—
Stand in front on a mirror in
a quiet and private space.
The mirror in the bathroom
is perfect for this.

Relax and take 3 long breaths.
Breathe in through the
nose and breathe out
through the mouth.

Read this aloud to yourself.
—

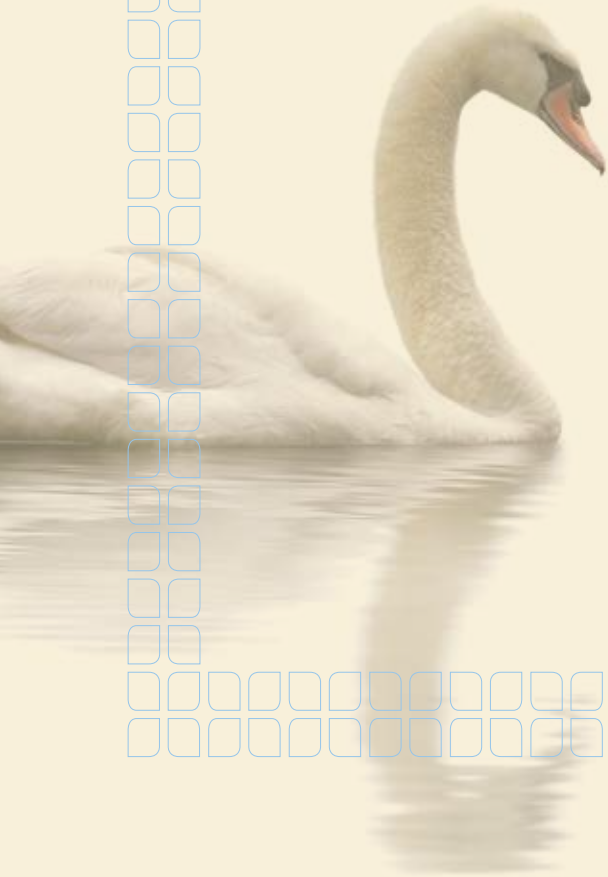
YOUR NAME, I thank you
for your wonderful uniqueness,
for your inner beauty, your kindness and warmth.
For the love and support you give,
for your generous heart,
for trying every day to do the right thing,
I thank you.

YOUR NAME, my heart opens up with gratitude
when I stand witness to all that you have overcome.
I take my cap off to you for all your successes,
for moving forward - sometimes fast, sometimes slow.
One step at a time.

I thank you for asking for help when you need it,
for your willingness to raise questions,
for trying to understand.
For reminding me of what is important and what is not.
For making me laugh,
I thank you.

For your courage to choose life,
I thank you.
For the desire to live to the fullest,
for taking care of yourself -
body, mind and spirit.
For your past and for your future,
I
thank
you!

YOUR NAME, I love you!
Go in peace and live your life!



OUR SUMMER CELEBRATION



Amida Care took the annual Summer Live Your Life Celebration to another level, on August 6, at the legendary Copacabana. Over 250 Amida Care members and staff came together for an epic Celebration of Life, packed with food, friendship, laughter, music - and some really amazing dance moves. It was truly an evening to remember. On the scenic rooftop of the club, the crowd was in great spirits, and the mood was contagious! Everyone was enjoying each other's company, sharing stories, dancing and singing along to the music, and savoring the delicious food. It was a feast for our eyes, bellies, and souls; a relaxing retreat from our everyday hustle and bustle, and worries. It was a day of celebration, indeed.



STICKING TO IT!!!



One of the most important ways you can deal with your condition is by *taking your medications at the same time each day.*

Long-term health issues such as HIV, diabetes, hypertension, and asthma can be challenging. One of the most important ways you can deal with your condition is by taking your medications at the same time each day and in the correct amount as prescribed by your Primary Care Physician (PCP). We call this “treatment adherence.”

Adherence allows your medications to:

- Work effectively. Skipping medications will not control any health issues including diabetes, asthma and HIV infection. For example, not taking your antiretrovirals (ARVs) could allow the HIV virus to grow and develop drug resistance, which can stop the medications from working at all.

Before you start treatment, be sure to talk with your PCP about:

- Your readiness to start taking your medications every day as directed;
- Possible side-effects and what to do if any appear;
- Any issues such as depression or alcohol/drug abuse that might interfere with your adherence;
- Any activities or barriers (such as unstable housing or irregular eating habits), that might make you forget or make it more difficult to take your medications consistently.

If you have questions about your condition – how your medicine works, why you need to take the medicine, side effects or other concerns – talk about it. Your doctor, pharmacist, nurse, or other health care professional can help you understand your health condition and all the things you can do to manage it – starting with taking your medicines as directed. Take positive steps to manage your health and life. We are here to help you succeed!



HEP



If you have **Hepatitis C**, also called HepC, it is important to know how to take care of yourself and your liver.

There are several important steps you can take to protect your health.

- Avoid alcohol, completely if possible
- Avoid, if possible, prescription medications which could worsen the health of your liver – ask your PCP for details
- Avoid excess Vitamin E and Iron – ask your PCP how much is safe for you
- Avoid using over-the-counter remedies which might contain acetaminophen. It is the ingredient in the brand name Tylenol® and it can be toxic to the liver. Other examples of over-the-counter options with acetaminophen are:
 - Alka-Seltzer Plus Liquid Gels®
 - Dayquil®
 - Excedrin®
 - Midol® Complete
 - Nyquil®
 - St. Joseph® Aspirin-Free
 - Sinutab®
 - Sudafed® PE Sinus Headache
 - Theraflu®
 - And the store brands of these same Name Brand products

It is also important to contact your PCP's office to find out the best **Hepatitis C** treatment plan for you.



HEPATITIS C

is a viral disease that leads to swelling (inflammation) of the liver, caused by the Hepatitis C virus (HCV). It is usually spread when **blood** from a person with the Hep C enters the body of someone who is not infected. Today, most people get the Hep C virus by sharing needles or other equipment to inject drugs.

There is no vaccine for Hepatitis C.

The best way to prevent it is by avoiding behaviors that can spread the disease, especially injection drug use.



WHAT TO KNOW ABOUT

MEDICATION SIDE EFFECTS

Every medication has a helpful purpose, also called the benefit. This is the reason to use the medication. However, medications also have the possibility of causing a side effect. Side effects vary widely from dangerous to very mild.

Some examples:

- Rash
- Nausea
- Headache
- Constipation

It is important to mention possible side effects to your primary care provider (PCP). This can be done in at least three different ways:

- **Urgently** - if it is rapidly worsening (like wheezing)
- **At an extra appointment** - if your next appointment isn't soon enough
- **At a regular check-up** - to help guide which tests might be needed

**IF AT ANY TIME YOU FEEL
YOU MIGHT BE IN DANGER,
CALL 911.**



Important Notice

New York Healthfirst Pharmacy is no longer in your plan's retail network.



Amida Care and Express Scripts want you to know about an important change for you. **New York Healthfirst Pharmacy** is no longer in your plan's retail network.

If you are currently using this pharmacy or plan, please move your prescriptions to another convenient pharmacy.

It's easy to change pharmacies!

Simply transfer your prescriptions to the new pharmacy by doing **one** of the following:

- Take your prescription bottle to your new pharmacy; they will contact your current pharmacy to transfer your prescription.
- Call your new pharmacy and ask them to contact your current pharmacy for your prescription information.
- Ask your doctor to call your new pharmacy with your prescription information.

These pharmacies are close to **New York Healthfirst Pharmacy** on 2021 First Avenue, New York, NY 10029:

Best Pharmacy, Inc.

2002 2nd Ave, New York, NY
(212) 410-4410

Rite Aid Pharmacy

1951 1st Ave, New York, NY
(212) 360-5530

Maxwell Pharmacy, Inc.

234 E 106th St, New York, NY
(646) 741-4876/ (212) 534-7700

For a complete list of participating pharmacies, sign in at [Express-Scripts.com](https://www.express-scripts.com) and click on Locate a Pharmacy. If you are a first-time visitor to [Express-Scripts.com](https://www.express-scripts.com), take a minute to register. (Be sure to have your member ID number and a recent prescription number handy.)

Like with many health conditions, early diagnosis of tuberculosis is better for you.

TB



TB is spread from one person to another person during a cough or sneeze.

If you are diagnosed early, then you can start treatment early. By starting treatment early, you can also protect the other people living in your household from possible infection, even if they are HIV negative.

TB is spread from one person to another person during a cough or sneeze. The infection travels through the air in little droplets of mucous or saliva. Others nearby then breathe in the TB and it can

start to grow in their lungs. However, it is NOT easy to catch TB. Generally, it takes more than a single exposure. TB bacteria can only infect for a short time after an infected person coughs or sneezes.

For that reason, you are more likely to catch TB from people with whom you spend the most time - family members, friends, classmates, and coworkers. Casual contact like handshakes, sharing dishes and utensils, and kissing are considered safe.

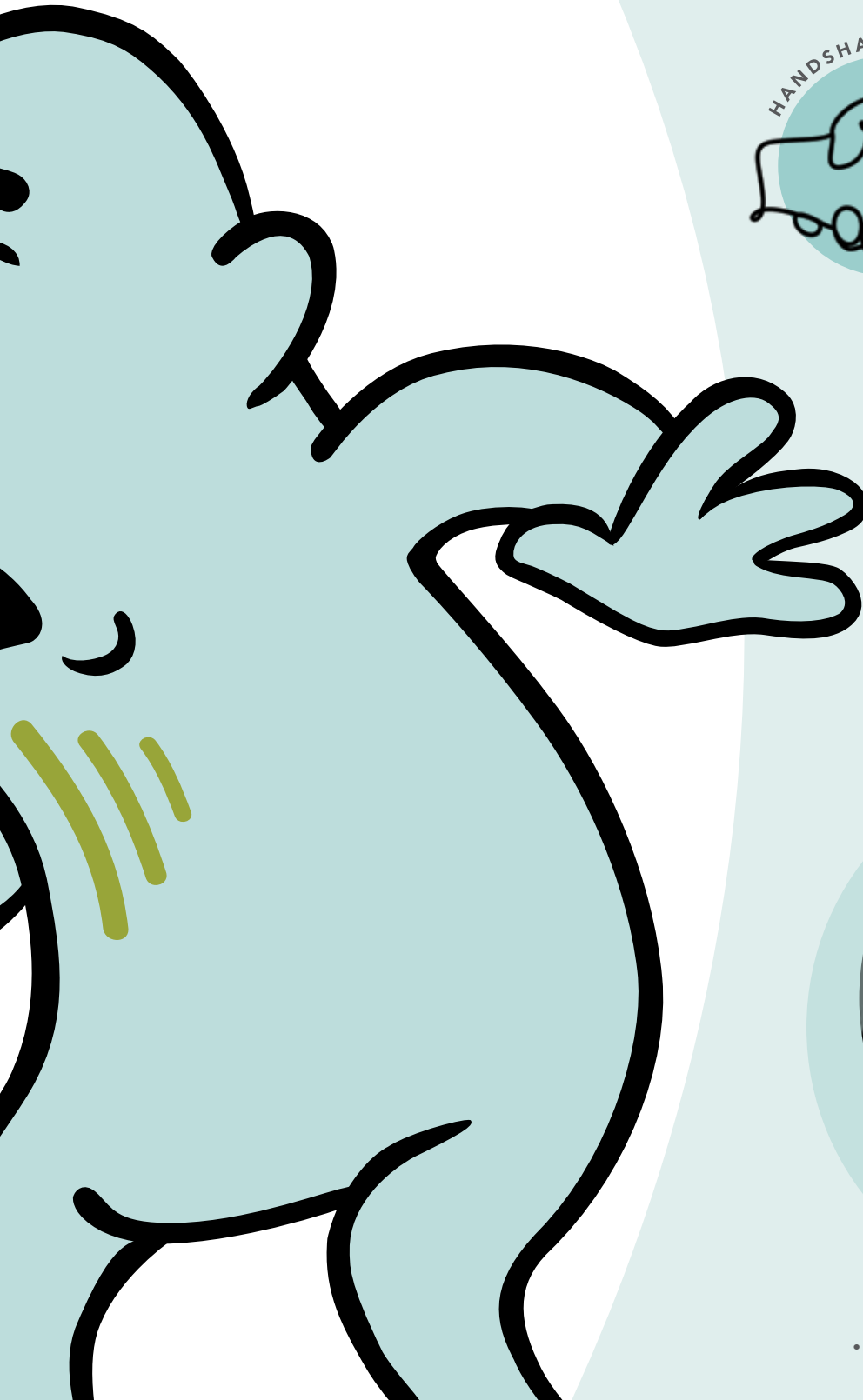
Casual contact like...



KISSING



...are considered safe.



Call your doctor and find out.



IT'S FLU SEASON!

Remember to call your PCP and schedule your flu shot. Vaccination is the BEST way to protect yourself against the flu.

FLU PREVENTION TIPS



Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside of your elbow – not your hand.



Wash your hands often with soap and water, especially after you cough or sneeze. Or use an alcohol-based hand sanitizer.



Don't get too close to people who are sick. Maintain a distance of 3 feet. If you get sick yourself, avoid close contact with other people and call or visit your PCP right away.

New Flu Vaccine Protects from **4** Different Flu Viruses.

There are two types flu shots available for the 2013-14 flu season (October to February). One is a trivalent vaccine, which means that it covers three virus strains. The second is a quadrivalent vaccine, which means it protects from four virus strains.

Flu strains continually change. Every year a group of experts determine which flu virus strains are the most likely to cause illness that winter. The recipe for that year's flu shot includes those strains.

The quadrivalent vaccine offers more protection, but the trivalent it's also very effective. You should ask your PCP if he/she has the four-strain vaccine available. If your PCP does not have it, you could call **Amida Care Member Services at 1-800-556-0689**. We can help you find other options.

Important Flu Vaccine Reminder:

People living with HIV/AIDS, asthma, diabetes, or heart disease should avoid live virus vaccines such as the nasal-spray flu vaccine FluMist®. Only inactivated flu vaccine is recommended in these cases.



rincón
ZEN
corner

A photograph of a forest with vibrant autumn foliage reflected in a calm body of water. The trees are in various stages of fall, with some showing bright yellow and orange leaves, while others are still green. The water is still, creating a clear reflection of the trees and sky. The overall scene is peaceful and scenic.

Stop being who you were and become who you are.

- PAULO COELHO

Deja de ser quien eras y llega a ser quien eres.