



Dear Member,

After years of discussion, the HIV exemption is gone and PLWHA with Medicaid will have to choose a health plan.

Amida Care has been preparing for this day since the Plan was founded in 2003. With the help of our current members, we have built a comprehensive health plan that has thousands of providers, including hundreds of HIV PCPs, over 6000 specialists, 1200 mental health providers and 20 hospitals. And the network is still growing every day. We understand that choice matters and have worked hard to give you lots of choices when it comes to choosing who provides your health care.

Although the exemption is gone, you still have a choice of Plans. You have chosen Amida Care and we take your faith in us, and our commitment to you, very seriously.

For all of you who chose Amida Care (known before as VidaCare) in the past 7 years; thank you. Without your support, your membership, your input and contribution; the SNP option might not be here for others who will now benefit from having this choice. Because you supported Amida Care, PLWHA in New York City now have the option of a health plan specifically designed for *their* needs. Every day we will work hard to meet that responsibility, continue to earn your trust and be your choice.



Doug Wirth, CEO

Doug Wirth

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Upcoming Amida Care Live Your Life Events

Members may bring 1 Guest to events below:



Art is Life/Live For Art #1
 September 21, 2010, 3:00-5:00PM
 Housing Works East New York
 2640 Pitkin Avenue, Brooklyn

Art is Life/Live For Art #2
 September 23, 2010, 3:00-5:00PM
 PSI Brooklyn 803 Sterling Place, Brooklyn



Healthy Cooking
 October 26, 2010, 3:00-5:00PM
 Village Care 121-B West 20th Street, New York



Drum Making Part 1 (Making your Drum)
 November 13, 2010 2:00 PM-5:00 PM
 &
 November 18, 2010 from 3:00 – 5:00pm
Drum Making Pt. 2 (Painting & Story Telling)
 Amida Care 248 W.35th St. 7th flr., New York, NY



Meditation with Nafissa
 December 28, 2010, 4:00-6:00 PM
 Call us for the location!

**All supplies, MetroCard and meal provided.
 Call 1-800-556-0689 reserve your place!**

Mandatory Managed Care for PLWHA

If you are a member of Amida Care, congratulations! You already belong to a managed care plan. But you may know other PLWHA who are getting an enrollment packet from NY Medicaid CHOICE. This is because the HIV exemption is gone and they need to join a Plan.

PLWHA in New York city have a choice between:

1. An HIV Special Needs Plan (SNP) like Amida Care or,
2. A regular Medicaid Managed Care Plan.

The main differences between an HIV SNP and a regular health plan is:

- ◆ An HIV SNP guarantees that your Primary Care Provider (PCP) is specialized and experienced in the care of PLWHA.
- ◆ An HIV SNP includes case management and care coordination. These services help you get what you need - when you need it!

If you're not already a member and you need to choose a Plan, the HIV SNP checklist below may help you.

If you have any questions about enrollment in managed care, please call us at 800-556-0689 or NY Medicaid CHOICE at 800-505-5678.



Checklist for HIV SNPS

- Is my HIV specialist a Primary Care Provider with the Plan?**
- Does the Plan include the hospitals that I go to?**
- Does the Plan include other providers that I see? (such as mental health providers, or specialists)**
- What special programs are available to members?**
- How do I get eyeglasses?**

If you have any questions about Amida Care, call us at 800-556-0689.

Adapted from checklist developed by Cicatelli Associates with funding from SDOH AIDS Institute.

Ingredients:

- 1 lb** ground beef
- 1 jar** (16 oz) salsa
- 1 cup** tomato sauce
- 1 1/2 cups** water
- 2 cups** uncooked elbow macaroni
- 1 cup** frozen corn
- 1/2 cup** shredded sharp cheddar cheese

Fall Recipe: Mexican Pasta Skillet



Preparation:

1. In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
2. Stir in salsa, tomato sauce and water. Heat to boiling. Stir in macaroni and corn. Reduce heat; cover and simmer 12 to 15 minutes, stirring occasionally, until macaroni is tender.
3. Sprinkle with cheese. Cover; let stand 1 to 2 minutes or until cheese is melted.

Smoking and HIV ~ Be a Quitter!!

Facts:

- ◆ PLWHA are more likely to smoke than those persons not infected.
- ◆ Smoking is more dangerous for PLWHA because it's harder to fight certain infections like pneumonia, thrush and leukoplakia (whitish mouth sores).
- ◆ These are risks for smokers of tobacco *and* marijuana.
- ◆ Women who smoke can increase the risk and severity of human papilloma virus (HPV)
- ◆ Smoking can cause bad reactions to HIV medication such as upset stomach & vomiting.
- ◆ Some HIV medications slightly increase the risk of heart disease. But if you quit smoking now-you will lower this risk!

Quitting is Hard—We get it.

- ◆ Talk to your doctor about quitting. Your doctor can help with nicotine replacement and other medications.
- ◆ There are support groups and other therapies.
- ◆ Some people have quit with hypnosis, acupuncture and other alternative treatments

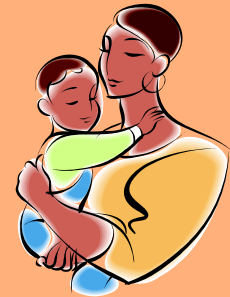
Find the one that works for you and be a quitter! You're worth it!

For more information on quitting visit these websites: www.surgeongeneral.gov/tobacco; www.gaysmokeout.net or www.lungusa.org (Source: www.aidsinfony.org)

Early Intervention Program

Do you know or care about a child under age 3 that:

- is the child of a teenage mother,
- is the child of a mother who did not receive prenatal care,
- had a birth weight of less than 3&1/2 pounds?
- has missed or failed an initial newborn hearing screening,
- is small for their age, or
- has been exposed to homelessness or domestic violence?



Many children have some form of developmental delay that affects their ability to talk, learn, and relate to others. If you're concerned about your child, get help for them as soon as possible.

Call 311 and ask for Early Intervention

Source: <http://www.nyc.gov/html/doh/downloads/pdf/earlyint/dmu-doctor-brochure-online.pdf>

Diabetes

Why should I care about Diabetes?

Some research shows that using certain HIV medications may be linked to diabetes.

Your chances of getting diabetes are greater if:

- ◆ You have a family history of diabetes,
- ◆ You are overweight and/or do not exercise

Some people have to start an exercise program, get some help with their diet, take diabetes drugs, and/or switch HIV medications to manage the problem.

What if I already have Diabetes?

- ◆ Work with your doctor to monitor your blood sugar, blood pressure and cholesterol,
- ◆ Don't smoke—this will help prevent other health problems, and
- ◆ Remember the importance of exercise, a healthy diet, and taking your medications.

Sources: <http://www.thebody.com>, <http://www.nyc.gov>

Harm Reduction/Needle Exchange programs that are part of Amida Care's Supportive Services

AIDS Service Center NYC

41 E. 11th Street
New York, NY 10003
Phone: (212) 645-0875

Citiwide Harm Reduction

260 East 143rd Street
Bronx, NY 10451
Phone: (718) 292-7718

Harlem United

123-125 West 124th Street
New York, NY 10027
Phone: (212) 531-1300

306 Lenox Avenue, 2nd Fl
New York, NY 10027
Phone: (212) 803-2893

Housing Works

130 Crosby Street
New York, NY 10012
Phone: (212) 966-0466

320 West 13th Street
New York, NY 10014
Phone: (212) 645-8111

743-749 E9th Street
New York, NY 10009
Phone: (212) 677-7999

2640 Pitkin Avenue
Brooklyn, NY 11208
Phone: (718) 827-8700

Colonoscopy, mammograms, and Pap smears save lives.

We want you to live a long, healthy, happy life. Part of taking care of yourself is getting tested for certain cancers. These tests can find cancer early, so it can be treated early. If you need help to get these tests, please let us know by calling Member Services at 800-556-0689.

COLON CANCER:

Colonoscopy is recommended for all people 50 years of age and older.

A Colonoscopy is safe and *painless*. It is the only test that can actually remove polyps before they develop into cancer.

Talk to your doctor about getting a colonoscopy!



BREAST CANCER:

Mammograms are recommended every 1–2 years for all women 40 and older.

Talk to your doctor about getting an mammogram!

CERVICAL CANCER:

HIV+ women should have a Pap smear every year!

Talk to your doctor about getting a Pap test!



Other cancers:

There are no current recommendations on prostate cancer screening; however you should talk to your Primary Care Provider. For gay, bisexual, and HIV-positive men, some doctors use anal Pap tests to detect and treat pre-cancerous changes of the anus. (ACS, 2008)

Remember Amida Care has a program that rewards you for completing your annual reproductive health checkup with a gift card.

For details call member services at 1-800-556-0689.

Sources: www.nyc.gov, www.cancer.org



**You Have the Right
to be Treated
with Dignity and Respect.**



Does someone close to you ...

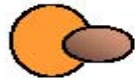
- . Push or hit you?
- . Humiliate you in public?
- . Control your money?
- . Tell you who to see, what to wear, what to do?
- . Threaten to hurt you?
- . Force you to have sex?
- . Keep you from seeing friends and family?
- . Threaten to report you to immigration officials?
- . Threaten to take your children?



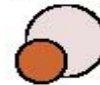
You might be in an abusive relationship.

**TALK TO YOUR PRIMARY CARE PROVIDER OR
CASE MANAGER ABOUT WHAT IS GOING ON**

You can change things and there are people here to help you.



- ▲ **Emergencies call 9-1-1**
- ▲ NYC Domestic Violence Hotline
1-800-621-HOPE (4673)
- ▲ **Amida Care Domestic Violence Coordinator:**
Marva Deane @ (646) 786-1800



1-800-556-0689 (Member Services)



Check out Amida Care's website at www.amidacareny.org!

The website has lots of new information for you and your doctor!

Some of the website's current features include:

- ◆ Live Your Life events calendar
- ◆ Benefit information
- ◆ Up-to-date health information
- ◆ Links to other important sites



Coming Soon: Videos starring Amida Care members and providers!

ART CONTEST

For all Amida Care Members and ADHC Clients!

The calendar theme is:

Change/New Beginnings

Create your vision of a new beginning.

Rules are simple:

- ✓ All graphic media is acceptable: paint, collages, markers, photography, crayons, chalk, etc.
- ✓ Image area must be at least 11" X 17" and no larger than 30" X 40".
- ✓ All artwork must be original. Two (2) entries are allowed per person
- ✓ Artwork should be signed with your preferred "artist" name and date (at least the year).
- ✓ Attach a 4X6 card to the back of your art and include: your name, telephone number and a brief description of what your artwork means to you.
- ✓ PCP name or ADHC site.
- ✓ Winning artist preferred names and PCP/ADHC sites will be made public.
- ✓ All winning artwork entries become property of Amida Care and will not be returned. The winning art will be used in the *2011 Amida Care Calendar*.
- ✓ Artwork not chosen for the calendar may be picked up by November 30th (MetroCard provided).
- ✓ *Deadline for submission is October 15th, 2010.* Winners will announced November 13th.
- ✓ **Winners will be selected by the Amida Care Member Advisory Counsel.**

Winning Entries:

1st Place Winner (2): Receive a \$150.00 Gift Certificate & his/her artwork will appear on the calendar cover.

2nd Place Winners (12): Receive \$50.00 Gift Certificate & their artwork will represent one of the 12 months.

Enter now and have your art be seen by thousands of New Yorkers.

Become part of a real collectors item!

Entries can be dropped off or mailed to:

Amida Care @248 West 35th St., 7th Fl, New York, NY 10001



If you have any questions, please call Amida Care at 1-646-786-1800

