



## **Human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS)**

Amerigroup Washington, Inc. has a case management program for HIV/AIDS. This program will help you better understand and manage your HIV/AIDS. We can help you to set health goals and create a care plan that fits your lifestyle. You do not have to join the program. You are enrolled as a member of Amerigroup.

### **Living with HIV/AIDS**

Human immunodeficiency virus (HIV) is a virus that attacks the immune system. It makes it hard for the body to fight infection and disease. HIV is the same virus that causes acquired immunodeficiency syndrome (AIDS), which raises a person's risk of developing certain cancers and infections.

We want you to know you can take control. Simple steps like taking your medications correctly, eating healthy, exercising and following your treatment plan can make a real difference.

We will keep your doctor informed of your condition and the services we provide you. Your case manager can help you learn how to better manage your HIV/AIDS.

### **Things to know:**

- Your immune system helps you fight infection and illness.
- White blood cells are an important part of your immune system. HIV kills certain white blood cells called CD4+ cells. If too many cells are killed, your body can't fight infection or other illnesses.
- HIV infection may progress to AIDS. People who have AIDS have a low number of CD4+ cells. They can get infections that healthy people don't get.
- Having HIV does not mean you have AIDS. Many people with HIV/AIDS are able to live long and active lives.
- We can give you more information to help you manage your HIV/AIDS.

### **How HIV/AIDS is treated:**

- Your doctor will take tests to monitor the HIV and how your immune system is working.
- You and your doctor can talk about your treatment options.
- Taking your medicines exactly as prescribed can help you stay healthy. It is important not to miss any doses.

### **How to take your HIV/AIDS medications:**

- Medications for HIV/AIDS are called antiretroviral (anti-retro-viral) drugs.
- Taking antiretroviral drugs is not a cure for your HIV, but they may help you to stay healthy for a long time.

- It is important to take your medication on time. If you miss a dose or are late taking a dose, it may not work as well.
- Talk to your doctor before taking new medications. These include medications that do not need a prescription.
- We can help you understand how your medications work.

**What you can do to stay healthy:**

- Quit smoking. People with HIV have a greater chance of having a heart attack or getting lung cancer. Smoking can increase your risk even more. We have support programs, and there are medications that can help you stop smoking.
- Eat a healthy, balanced diet to keep your immune system strong.
- Get regular exercise to reduce stress and improve the quality of your life.
- Don't use illegal drugs and limit how much alcohol you use.
- Talk to your doctor about other things you can do to stay healthy.

**Support to help you manage your HIV/AIDS:**

- We can help you talk to your family or caregiver about your HIV/AIDS.
- We can help you in find community programs and resources in your area.
- Tips to talk with your doctor and get the most out of your visit:
  - Ask any questions you may have about your infection. You can write them down and take them with you to your visit.
  - Follow your doctor's advice. If you have questions or concerns, let your doctor know.
  - Make sure your doctor knows what medicines you are taking.

**Important screenings:**

- Depression
- Other health conditions
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

**For more helpful information on managing HIV/AIDS**

- [U.S. Department of Health & Human Services](#)
- [The Centers for Disease Control and Prevention](#)
- [U.S. National Library of Medicine](#)
- [The Body: The Complete HIV/AIDS Resource](#)
- [AIDSInfoNet.org](#)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabwv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabwv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogaina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

동봉한 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምንልክላቸው መረጃ በቋንቋዎ ካልሆነ፣ እባክዎን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኹም ምስ ዘይከውን ብክብረትኩም ብስልኪ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ክንትርጎምልኩም ንክእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI