



## **HIV/ AIDS Resource Guide**

### What is HIV/AIDS?

HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. Opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS.

### Living with HIV/AIDS

HIV/AIDS is manageable like many other chronic diseases. Once you have HIV/AIDS, you have it for life. Unlike some other viruses, you can't get rid of it completely. People who get treatment can live long, healthy lives, and protect others. A health care team that is knowledgeable about HIV care will help you manage your care and treatment. Your primary HIV care provider should lead your health care team.

### HIV/AIDS Care Management Program

The HIV / AIDS Care Management Program encourages members to take charge of their disease by using their health care team to develop personalized management tools, including risk reduction techniques. When patient self-care education starts early, it can prevent life changing complications. To enroll, obtain additional information or remove your name from our HIV / AIDS care management program, please contact the customer service phone number on the back of your identification card.

### Additional resources

New York State HIV/AIDS Hotlines (Toll-Free)

English: 1-800-541-AIDS

Spanish: 1-800-233-SIDA

[https://www.health.ny.gov/diseases/aids/consumers/hiv\\_basics/index.htm](https://www.health.ny.gov/diseases/aids/consumers/hiv_basics/index.htm)

Centers for Disease Control and Prevention (CDC) AIDS Hotlines

English: 1-800-342-2437

Spanish: 1-800-344-7432

[www.cdc.gov/HIV](http://www.cdc.gov/HIV)