


Spring 2023 Virology Newsletter



Ryan White Part C Financial Assistance

Our new fiscal year and financial assistance term starts May 1, 2023 and runs through April 30, 2024. All patients with no payer should complete an application for Ryan White financial assistance. Patients with insurance through their employer or otherwise who are seeking assistance with out of pocket costs (insurance premiums, coinsurance or co-pays) are welcome to apply. Note that patients should reapply before the start of every fiscal year for continuity of coverage. 

*Patients with dual eligibility (having both Medicare and full Medicaid benefits) or patients enrolled in ADAP Sponsored Insurance (ASI) or an Iowa Wellness Managed Care Organization (MCOs) are not encouraged to complete an application as Ryan White Part C will not likely have any additional benefit to you.

Please contact Tricia Kroll at (319) 384-7307, tricia-kroll@uiowa.edu or your Ryan White Case Manager to request an application or if you have questions/concerns. Applications should have updated insurance information and copies of household paystubs attached as requested. Eligibility for assistance will be calculated according to our sliding fee scale.



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Staffing Changes - New Hires

Welcome!



Welcome Ashley Brennan! (she/her/hers)

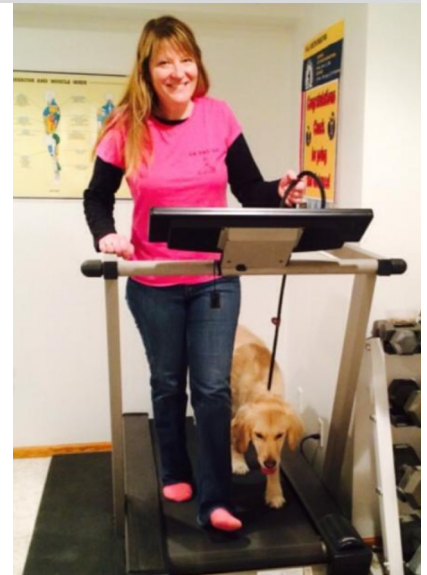
My name is Ashley and I am the new Administrative Services Coordinator. I previously worked as a bartender/barista and am glad to return to the medical community especially within this program. I am excited to learn more about the community and meet new patients. When I am not working, I love to spend my time with my dogs, family and out in my garden. I am greatly looking forward to meeting and helping all of you!

Ashley will field all program calls and refer as needed. You may contact her at her desk (319) 335-7520.



Welcome our new Field Benefits Specialist, Eliza Rose! (she/her/hers)

Prior to transferring to Ryan White/Virology Clinic, I worked as a Financial Advisor here at the University of Iowa Hospitals and Clinics primarily assisting our under or non insured patients. Previously I was an Appeals and Grievance Analyst for UnitedHealthcare. My side gig and passion is being a dog (really their people) behavior trainer. I am honored to have the opportunity to join the Ryan White/ Virology team. I look forward to working with our diverse patients and hope to make a positive impact.



Eliza will be working to help our patients understand and access health insurance. You may contact her at her desk (319) 335-7449 or cell (319) 333-8714.

Nature for Health

As spring warms up, the opportunities for going outdoors blossom! Taking this chance is good for your

health. Getting sunlight increases immune function and prevents osteoporosis.

Want to learn more? Check out this video:

www.youtube.com/watch?v=hmqguIFMC-Y

Some fun things to do outdoors:

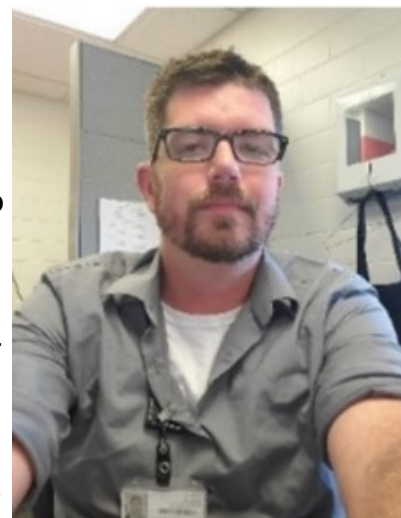
- take a sensory walk
- admire a good view
- have your lunch as a picnic
- garden
- listen to birds
- chat with a friend in nature
- take photos of flowers



Staffing Changes - Departure

Farewell to Daniel, our behavioral health consultant!

"I started working with the Ryan White Program shortly before the pandemic began, and have been very fortunate to work with such a great team through such a difficult time. I've greatly enjoyed working with the team and with those who come through our clinic. I've learned so much from everyone, and have been constantly reminded of our individual and collective capacity for resilience, resourcefulness and compassion. While I will no longer be a part of the program, I look forward to supporting its mission in any way that I can as I practice independently in the community. Best wishes to all!"



Please contact Kari Vrbán if you have questions about CLEAR, Support Group, or therapeutic services as she will be taking over this role. office: (319) 467-5655, cell: (319)471-2123, email: kari-vrbán@uiowa.edu

Hospital Updates

Information for Visitors



Adult outpatients (arriving for clinic visit, then returning home) 18-21 years of age may have two visitors/support persons. Those 22-64 may bring one, and those 65 and older may have two supports.

Inpatient Adults are allowed two visitors per day. If a patient is admitted after 8 pm, visitors are all allowed 1 hour in the unit after admission.

All visitors should be healthy. Anyone with flu-like symptoms will not be permitted to visit and those with other symptoms of illness should postpone their visit until they recover.

Patients are encouraged to keep in contact with those who may help them recover such as friends and family. To facilitate this the hospital provides free Wi-Fi for video chatting, calling and texting. See uihc.org/visitor-screenings-and-restrictions-ui-health-care for the most up to date details.

Medical record sharing

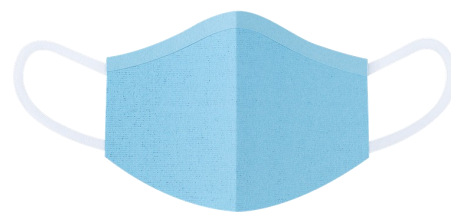


Clinic notes may automatically be sent to your local provider on record when applicable –if you do NOT want your information shared with external providers, please request the front desk staff mark the encounter as sensitive and documentation for that visit will not be sent.

Hospital Updates

Masking Policy

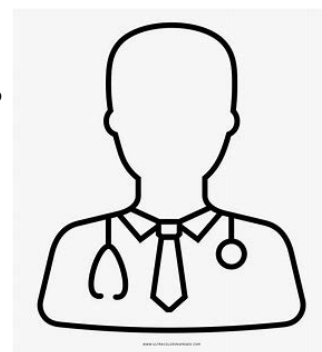
Because of a decreased rate of community spread of COVID-19, effective Wednesday March 8th, face masks will no longer be required for patients, visitors, or employees who vaccinated against COVID-19 and who are not experiencing symptoms of a respiratory virus. Despite this lift, individuals who chose may continue to mask. Visit <https://medcom.uiowa.edu/theloop/news/face-masks-optional-for-most-employees-patients-and-visitors-effective-march-8> for more information.



Medicaid Unwinding

Attention Medicaid Recipients!

Do you receive Iowa Medicaid, MEPD, or the Iowa Health and Wellness Plan? Have a card for Amerigroup or Iowa Total Care? Receive “extra help” from Medicaid to pay for Medicare premiums? This message is for you!



Since March 2020, Iowa Medicaid has not required patients to prove income eligibility, complete paperwork, or pay MEPD premiums. This leniency is **ENDING** on April 1, 2023. All Iowa Medicaid members (even those just getting extra help) will be required to complete paperwork updates and show income eligibility this year. We encourage you to do the following to prepare:

- Update your address with DHS if you have moved at all in the past three years. You can make this update by calling (877) 347-5678.
- Check your mail often to receive and complete recertification paperwork on time. Your recertification may happen any time between Mar and Dec.
- Contact your case manager or field benefits specialist if you need help completing paperwork or if your coverage is terminated. Contact our FBS at (319) 335-7449 if you don't have a case manager or if you're not sure who to contact.
- Fill medication every month to be sure that your coverage is still active.

Please contact us at any time if you have questions about your Medicaid coverage or a loss of coverage. Our programs can offer help (including free insurance coverage for those that qualify) if you let us know right away when you have a change in or loss of coverage.



2 c chicken stock (sub veg broth)
 1 c quinoa
 1 lime, zested and juiced
 1 tbsp avocado oil (sub olive)
 1 tbsp red wine vinegar (sub white)
 1 clove garlic, minced
 1/4 c cilantro, finely chopped
 salt and pepper (to taste)
 1 bell pepper, chopped
 1 15 oz can chickpeas, rinsed
 1/2 red onion, chopped
 Optional
 1/2 cup cherry tomatoes, quartered
 1/4 cup green onion, sliced
 1 cup frozen corn

Fresh Spring Recipe



1. start a pot of chicken stock to boil.
2. rinse quinoa, add to pot when it boils.
Then, set to simmer for 15 minutes.
3. in a medium bowl, add lime juice and zest, oil, vinegar, garlic, and cilantro and mix well. Salt and pepper to taste.
4. toss bell pepper, onion, chickpeas, tomatoes, green onion in the vinegar mixture.
5. see if quinoa has absorbed all the stock, then turn off the heat. Stir in frozen corn. Let sit a few minutes to heat the corn.
6. combine quinoa in with rest of salad.

Data Corner

We were excited this quarter to learn that 548 of our 778 active patients (around 70%) use MyChart to stay up to date on their medical information. MyChart is the University's online resource that gives you the power to access your test results, communicate with your health care team, request prescription refills, and manage appointments from your computer or phone. Plus, it's designed specifically to protect your data, requiring two-factor authentication to sign in, and is encrypted to prevent your information from falling into the wrong hands. If you are not currently signed up for MyChart, you can visit <https://mychart.uihealthcare.org/MyChart/accesscheck.asp> to set up your account quickly and securely,



or you can talk to your medical team at your next appointment. The front desk staff will be happy to send you a link and help you get enrolled. We're very pleased that more than 95 percent of our patients are virally suppressed; however, we have noticed that some groups of patients appear to be more likely to not have as good a response to antiviral medications as others. In particular, patients under 35 are less likely to be virally suppressed than those over 35. We will be working with our case managers, medical care team, and patients to find better ways to address the health needs of this group. By suppressing HIV viral load with antiviral therapy, health outcomes are improved over the long term, and this also helps slow the spread of HIV in our community. Please talk with one of our case managers if you have any suggestions for strategies to improve viral suppression.

Community Resources

Iowa City Utility Discount Program

Do you receive SSI, SSDI, FIP, Title XX, Food Assistance, or Elderly Tax Credit? You may be eligible for the Iowa City Utility Discount Program in which customers receive a 60% discount on water and sewer charges and 75% on trash/recycling charges each month. To apply, sign an “Authorization for Release of Information” available at the Revenue Division of Iowa City at 410 E. Washington. For more information, please visit: <https://www.icgov.org/government/departments-and-divisions/finance/revenue-utilities/utility-discount-program>



Need some fun for Monday, May 15th? Stop into the Iowa City Public Library (123 S Linn St) Digital Media Lab from 6:30-8:30 pm for company while working on a craft project! Bring your own work in progress or learn how to make your own Shrinky Dinks and buttons. For more information and to register, see the website: <https://www.icpl.org/events/48261/craft-night-lab>

R Place on 10 E Benton offers many resources for adults struggling with mental illness. Compeer, for example, is a program for making friendships with others with similar struggles. Additional resources (provided through NAMI) include information on different mental illness and treatment, crisis intervention, volunteer opportunities, recovery support, and more! To learn more, <https://namijc.org/>



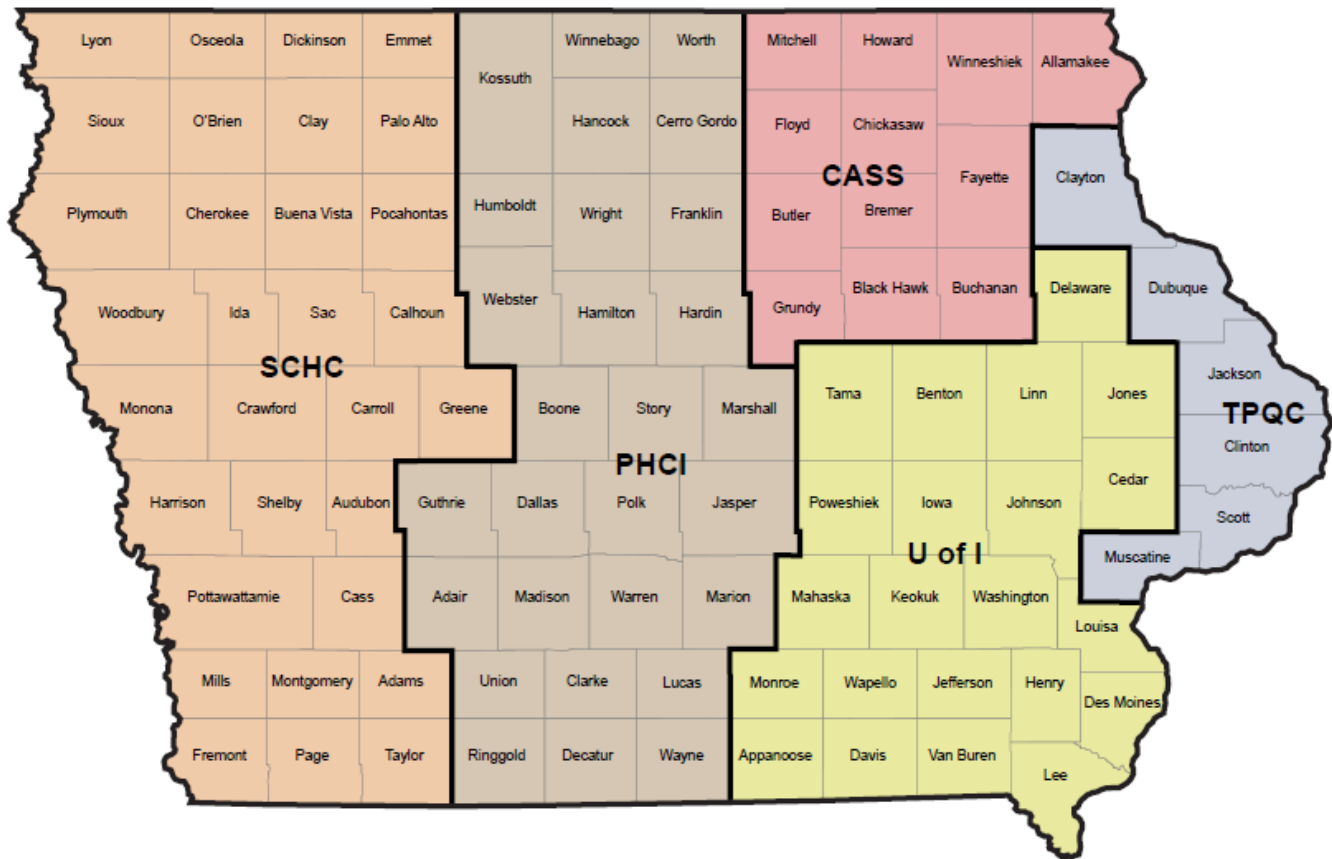
recovery • rest • renewal • recreation • relationships



Need support with anything else? Visit www.211iowa.org! This website compiles hundreds of resources for Iowans including clothing, food, financial, and legal support services. If you need help navigating the website, don't hesitate to reach out to your case manager or a social worker through email or at your next appointment.



Housing Opportunities for Persons with AIDS (HOPWA)



Siouxland Community Health Center (SCHC)
1021 Nebraska Street
Sioux City, IA 51102
(712) 226-8973

Primary Health Care, Inc. (PHCI)
1200 University Avenue
Des Moines, IA 50314
(515) 248-1586

CASS
900 Tower Park Dr.
Waterloo, IA 50701
(319) 272-2437

University of Iowa (U of I)
200 Hawkins Drive
Iowa City, IA 52242
(319) 467-5662

The Project of the Quad Cities (TPQC)
1701 River Drive #110
Moline, IL 61265
(309) 508-1662

Updated Contact Information

Social Worker/Case Managers	Office	Cell	Email
Tricia Kroll	(319) 384-7307	(319) 383-1759	tricia-kroll@uiowa.edu
Jennifer Keeler	(319) 467-5662	(319) 499-7963	jennifer-keeler@uiowa.edu
Malory Dreasler	(319) 365-1545	(319) 359-9181	malory-dreasler@uiowa.edu
Kari Vrbán	(319) 467-5655	(319) 471-2123	kari-vrbán@uiowa.edu
Viri Estudillo Gil	(319) 353-8951	(319) 930-9829	viridiana-estudillo@uiowa.edu
Lisa Dye	(319) 335-7309	(319) 383-6563	lisa-dye@uiowa.edu
Other Program Contacts	Office	Email	
Program Nurse	Tracy Peters	(319) 335-7605	tracy-peters@uiowa.edu
Field Benefit Specialist	Eliza Rose	(319) 335-7449	deros@uiowa.edu
Budgets/Contracts	Rina Chaudhary	(319) 335-7437	rina-chaudhary@uiowa.edu
Data Manager	Michael Bates	(319) 335-7442	michael-c-bates@uiowa.edu
Program Office	Ashley Brennan	(319) 335-7520	ashley-brennan-1@uiowa.edu
Clinic Scheduling		(319) 356-8133	



2023 APPLICATION FOR PART C FINANCIAL ASSISTANCE

Name:	Social Security #		
Street Address:	City State Zip		
<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 60%;"> <p>1. I need assistance with my medical and/or dental bills. Therefore I want to apply for the Sliding Fee Scale.</p> <p><i>If you marked no please sign on the X and return the form.</i></p> </div> <div style="width: 35%; text-align: center;"> <div style="display: flex; justify-content: space-around; margin-bottom: 10px;"> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> <input type="checkbox"/> </div> <div>Yes</div> <div style="border: 1px solid black; width: 30px; height: 30px; display: flex; align-items: center; justify-content: center;"> <input type="checkbox"/> </div> <div>No</div> </div> <div style="margin-top: 10px;"> <div style="border-bottom: 1px solid black; display: inline-block; width: 100px;"></div> <div style="margin-left: 5px;">X</div> </div> </div> </div>			
2. Gross Annual Income from 2022	\$		
Attach copy of a <u>recent</u> pay stub or verification of disability benefits (example, SSI, SSDI, etc.)			
3. If your income has changed since 12-31-22, or is expected to change, please explain:			
4. Please list all persons in your household for which you are legally responsible.			
Name	Age	Relationship	
5. In order to qualify for Sliding Fee Scale, you must apply for any financial assistance programs for which you may qualify.			
Program	Currently Receiving (Yes/ No)	Application Made (Yes/No)	Determination (Approved, Denied)
Medicare/Medicare Part D			
Medicaid/Title XIX or MEPD MCO: _____			
Medically Needy Medicaid Your spend-down: _____			
Iowa Health & Wellness Prog (IHWP) MCO: _____			
Ryan White Part B			
AIDS Drug Assistance (ADAP)			

Continue on back of page.

6. Please list any health care coverage identification numbers you may have:

Medicare:	Medicaid/Title XIX/ Medically Needy/MEPD & MCO:
Medicare Prescription Drug Plan:	IHWP & MCO:
Insurance(s):	

Signature

Date

F O R S T A F F U S E O N L Y

APPLICATION PENDING:

Date

Inadequate documentation. Client informed.

Has not applied for other financial programs. Client informed.

Eligible for sliding scale; income is:

Below 100% FPL No charges to client.

>101% and ≤200% FPL; max charge of 5% of annual gross income is:

>201% and ≤300% FPL; max charge of 7% of annual gross income is

Determination made by:

(Name & title)

(Date)