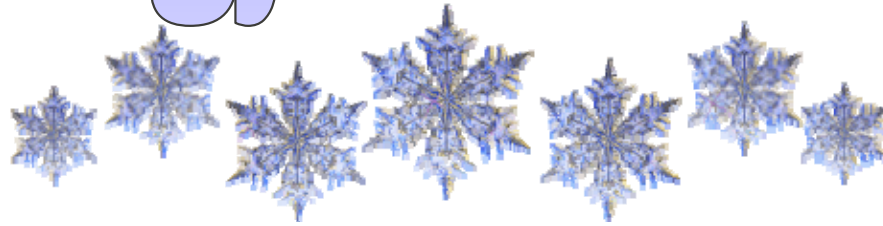


Virology Newsletter Winter 2018



U are the Solution!

Why is it important to have an undetectable viral load?

*Current studies show that people living with HIV who are on medication, engaged in regular health care and have an ongoing undetectable viral load do not pass HIV to their sexual partner(s).

*Reaching and maintaining an undetectable viral load is good for your health. Medications used to treat HIV lower the viral load and help to restore CD4 cells. This helps rebuild the immune system and helps people live a long, healthy life.

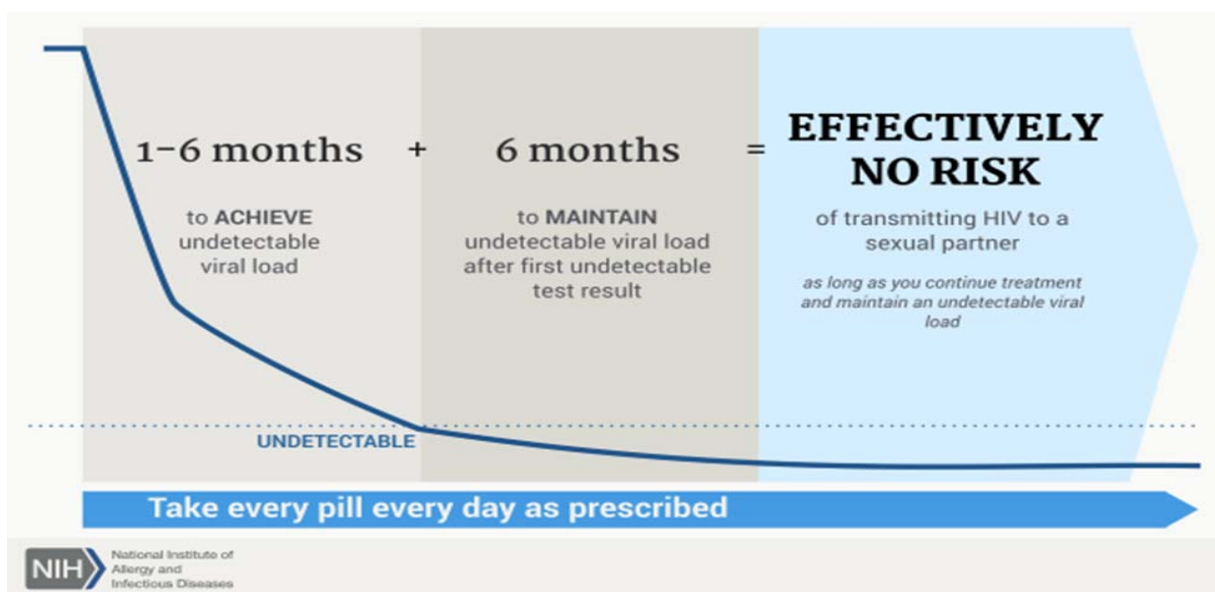
What exactly does “undetectable” viral load mean?

*Viral load is the amount of HIV in the blood of a person living with HIV. HIV medications reduce the ability of HIV to make copies of itself. For most people, when medications are taken every day exactly as prescribed by their provider, the amount of HIV in the blood will become so low that it cannot be detected by viral load lab tests.

What can I do to make undetectable possible for me?

*Take every pill every day exactly as directed and have regular healthcare appointments, including regular viral load lab tests.

*Talk to your provider, or our pharmacist Dena, about any difficulties you have taking your meds every day as prescribed, because this could affect your ability to maintain an undetectable viral load. We can help you with strategies and options to make taking your meds every day easier.



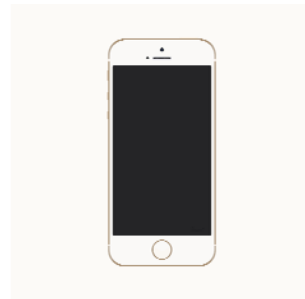
U=U

Undetectable = Untransmittable



Insurance Information

- ◇ New Medicare cards are coming between April 2018 and 2019. The new card will have number unique to you that will not be your social security number. This should help protect your identity. Things to know to avoid scams: Your card will AUTOMATICALLY be mailed to you, and you don't need to do anything to get it. This card is FREE, and you don't need to pay anything to get it. Your Medicare and benefits will stay the same.
- ◇ If you previously had AmeriHealth Caritas as your Medicaid MCO, you now know that they are no longer participating in Iowa Medicaid effective November 30th, 2017. You should have received a letter stating you had the choice between the remaining MCO's UnitedHealthcare and AmeriGroup. If you selected AmeriGroup before the response was due in November, then you are now covered by Iowa Medicaid Enterprises. If you didn't submit the letter back in time, you are now automatically covered by UnitedHealthcare effective December 1st, 2017. The reason for this change is AmeriGroup was not staffed enough to take on the extra members that were choosing them as an MCO, but UnitedHealthcare has expanded their staffing by thousands of people for their new influx of members. As of now, whoever is acting as your MCO will continue to be until Medicaid sends out a letter letting you know you have the option of changing. Any new members coming in to Iowa Medicaid will automatically be covered by UnitedHealthcare.
- ◇ If you use a copay card to help cover the cost of your medications, you may need to activate a new one for 2018. Contact any case manager, FBS Angela Speers, or Amy Halvorson Bouffard for assistance.
- ◇ Please remember that if your insurance policy changed in 2018, you need to give your new insurance cards to your case manager and your pharmacy. This could include switching from Blue Cross Blue Shield to Medica or getting a new Medicare Part D plan.
- ◇ You can also text a clear picture of your insurance card to your case manager or FBS's work cell phone:
Angela: 319-333-8714
Jennifer: 319-499-7963
Katie: 319-383-6563
Sarah: 319-930-9829
Malory: 319-359-9181
Kari: 319-471-2123



Insurance Vocabulary

- ◇ Copayment: A flat fee you pay for certain medical expenses like doctor's visits or prescription costs. Example: You pay a \$10 copay every time you go to see your primary care physician. Or you pay a \$50 copay every time you fill your antibiotic.
- ◇ Claim: A request by the patient or health care provider for the insurance company to pay for medical services
- ◇ Provider: A person such as a nurse, doctor, dentist, etc. OR an institution such as a hospital or clinic that gives medical care
- ◇ Network: a group of doctors, hospitals, or other providers with your insurance at a discounted rate. You will pay less for in-network providers and more for out-of-network providers
- ◇ Premium: The amount you, your employer, or ADAP pay in exchange for insurance coverage.

Putting a Face with the Name

We'll be highlighting a few staff in each newsletter so that you can put a face with the name and learn a bit about what each person does.



Mac – Student Employee. Mac has been our University of Iowa Student Employee since May 2017. She helps with a variety of office and program support including putting together our newsletters. Mac's office is in the admin office in MRC 342.



Amy Halvorson Bouffard – Admin Services Coordinator. Amy has been with the HIV program for just over 1 year. She provides all kinds of administrative support and is a great person to call if you're not sure who to contact in the program. Her office is in the admin office in MRC 342. Her phone number is 319-335-7444.



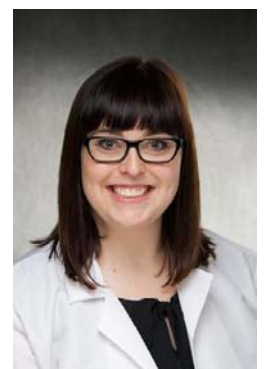
Sarah Hambright – Case Manager. Sarah has been with the HIV program for a little more than 2 years. Sarah is one of six case managers at UIHC. Her office is in the Boyd Tower area of the General Hospital.



Angela Speers – Field Benefits Specialist. Angela has been with the HIV program for just over 2 years. She helps with all things insurance related. Her office is in the admin office in MRC 342. If you have any insurance questions, contact Angela at 319-335-7309.



Jack Stapleton, MD – Dr. Stapleton has been providing HIV care for over 35 years. He also conducts research and teaches students and residents. He is the Program Director for the Ryan White HIV Program at UIHC.



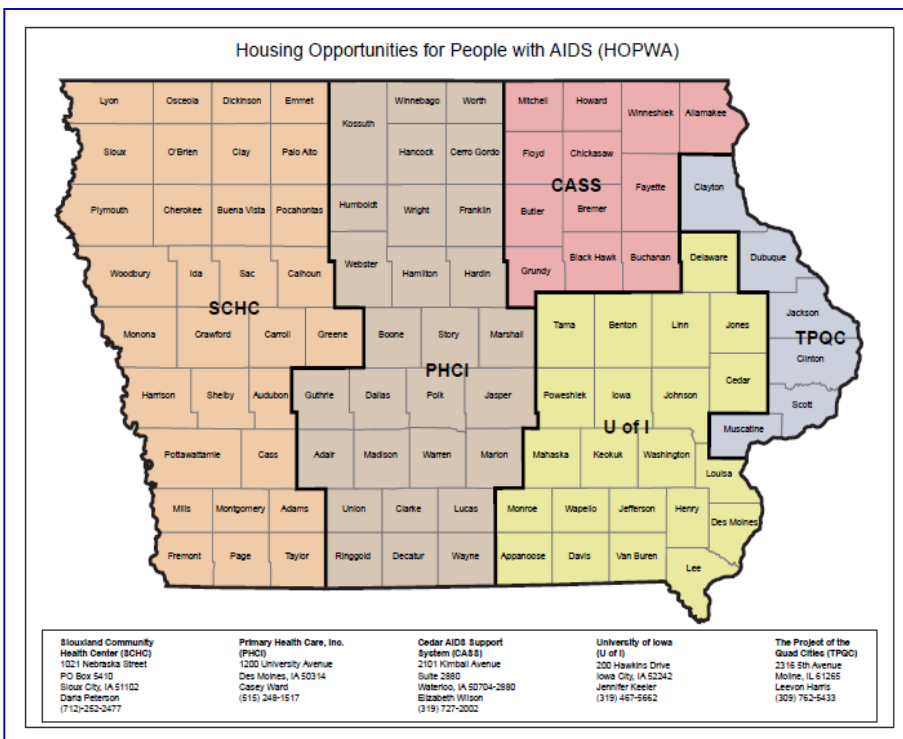
Laura Stulken, PA-C – Laura has been a health care provider in the HIV program for 1 ½ years. She is currently participating in additional HIV/AIDS clinician training through the Midwest AIDS Training and Education Center (MATEC).



The Benefits of Case Management

The Case Management Program is intended to support you, the client, in identifying services and programs that will help you achieve positive health outcomes. A case manager will help you assess and respond to the broad range of physical, emotional, and social needs that individuals living with HIV/AIDS may encounter. The overall focus will be ensuring that you receive medical care, but a number of other services may help to achieve this goal. Case Management promotes dignity and self-affirming choices through advocacy and support for personal, familial, and community goals. People are eligible for case management services if you are a person living with HIV in Iowa and meet certain income guidelines. Ask to speak with a case manager at your next appointment, or call any case manager for more information. (Contact list is on the last page of this newsletter.)

HOPWA



Having trouble maintaining your housing due to an emergent situation such as job loss or illness? You may be eligible for HOPWA assistance. Please contact the HOPWA provider in your area to see if assistance is available. UIHC currently offers assistance with long-term rental assistance (TBRA), short-term rent, mortgage, and utility assistance (STRMU), and permanent housing placement services (PHP) (deposit and/ or 1st months rent).

If you live in the U of I area, contact Jennifer at 319-467-5662.

CLEAR

Looking to make some changes with the New Year? CLEAR services are now available in both Cedar Rapids and Iowa City!

CLEAR stands for: choosing life, empowerment, action, and results! The CLEAR program is open to persons living with HIV who are interested in increasing or enhancing behaviors that promote healthy living, practice ways to effectively face challenges of daily living, increase positive thoughts, feelings and actions as well as develop daily routines to stay healthy.

Participation in CLEAR will involve at least 6 one-hour weekly sessions with a trained CLEAR counselor. Participants will be given incentives to attend weekly appointments. To learn more about screening and the enrollment process please call Katie Vodraska at 319-353-7173, email Katie at katie-vodraska@uiowa.edu, or contact your case manager.



Resources



Regional Peer Warm Line

Call toll free: 1-844-775-WARM (9276) "The Warm Line is a peer-run, telephone-based, non-crisis, confidential listening line for anyone struggling with mental health or substance abuse issues. The line is staffed by people who have been through a similar journey and are in recovery themselves."

This is a peer run non-crisis line through Abbe Center for Community Mental Health. The peers are supervised by social workers at Abbe Center. This service is available from 5p-10p 7 days per week and is for people battling mental health symptoms, struggling with substance abuse, etc. When I called today, John (peer) let me know that if a person who calls is in crisis, they have availability to transfer to Foundation 2 services (crisis) services.

'R' Place Peer Center

This is a peer run center through NAMI and is for people who are in recovery or struggling with mental health issues. Monday-Friday 1p-5p @ 10 East Benton Street, Iowa City. Here is the link for more info; <https://namijc.org/recovery/>.

Gathering interest for support/peer group!

If you are interested in being part of a support group around the Iowa City area, please contact Maddie Moree at madeline-moree@uiowa.edu.

Attention

UI Ryan White Part B Case Managers will no longer be able to submit for deposit payments for housing after March 25th, 2018 per IDPH guidelines. Please contact your case manager if you have questions or concerns.



Do you need dental care?

If you are interested in receiving Oral Health Care at UI College of Dentistry, please call 319-335-6946 for scheduling.

Need help with your taxes?

Free Tax Prep in Iowa City:
https://www.johnson-county.com/dept_soc_ser.aspx?id=275

HELLO FROM DR. OHL

I am a Staff Physician and I look forward to spending more time working with the clinic team. I am originally from Wisconsin and spent several years completing medical training on the West Coast before returning to the Midwest. I have been at The University of Iowa for 8 years now. My favorite thing about clinic is getting to know people over time and hearing their stories. One thing many people do not know about me is that I once lived in a collective in Denmark, but I was asked to leave because I refused to share my favorite sweater with other members of the collective.

**Dr. Ohl has been a part of our team for several years working as a Staff Physician with the fellows and other medical providers. In the coming months, he will be taking an expanded role in our program. We are excited to have him become a more integrated part of our team.

FAREWELL

Best Wishes to Wendy Sauter.

Wendy Sauter has decided to move to a new position at UIHC that will allow her to work on more research topics than her current position. Wendy's last day was January 12th.

Wendy has worked on two separate occasions with the HIV Program, first back in the 90s on research studies, and then she re-joined our Ryan White program in 2010. We appreciate all the work she's done for our patients and the Program, and we wish her well with her new direction.

We are working to hire a new nurse; in the meantime, Kathy Flanders will be helping to fill in. Kathy can be reached at 319-356-3071.

Data Update

We are still finalizing our 2017 data to report to the Health Resources Services Administration (HRSA). However, we're excited that our preliminary numbers indicate that the University of Iowa served 797 patients living with HIV over the course of the year, almost a 20% increase over 2016. Of these, 128 patients were new to our clinic. We provided more than 13,500 individual services to our patients and clients. These services include clinic visits, case management, referrals, financial assistance, and more. An amazing 99.7% of the patients enrolled in the Ryan White Program are on ART, and 91.7% of the patients who had their viral loads taken were virally suppressed. We are exceptionally proud of this and take it as an indication that, together, the University of Iowa Ryan White Program and our community of people living with HIV are all doing great job to improve the health of Iowans living with HIV. Thank you for choosing UIHC to receive your healthcare in 2017, and we look forward to working with you in 2018 as well!



On January 2nd, six UIHC Ryan White HIV Program staff volunteered at the Free Lunch Program of Iowa City. Tricia, Kari, Malory, Sarah, Katie and Angela had a great time helping provide this service.

PITCH Meet and Greet

PITCH (Positive Iowans Taking Charge) is a statewide non-profit organization with a clear mission: To create an atmosphere where HIV+ people can unite, advocate, and assist other HIV+ people for better health and wellness. PITCH wants to be a source of encouragement, provide educational opportunities, camaraderie, and a sense of community to Iowans living with HIV/AIDS.

In early 2018, PITCH plans to have meet and greets throughout the state to introduce themselves to other Iowans living with HIV, and their support person (parent, partner, family member, or friend).

To RSVP, go to <https://goo.gl/forms/tpsDOVranzV9fGok1>

For more information about PITCH, go to www.pitchiowa.com.



Partners PrEP (pre-exposure prophylaxis):

Access to HIV Prevention for Partners of People Living with HIV

TelePrEP, a collaborative telehealth service aimed to prevent the spread of HIV, has been providing HIV prevention care since February 2017. The program uses secure video conferencing, in-home visits with a pharmacist provider, and medication delivery by mail to expand HIV prevention across the state of Iowa. Partners PrEP is particularly helpful for people whose partner is newly diagnosed or doesn't have fully suppressed virus. For more information about Partners TelePrEP, please contact Dena Dillon, the UIHC Clinic Pharmacist, at 319-541-0335. For more information about Partners TelePrEP, please contact Dena Dillon, the UIHC Clinic Pharmacist, at 319-541-0335.

WANTED

Male Donors for Lab Studies

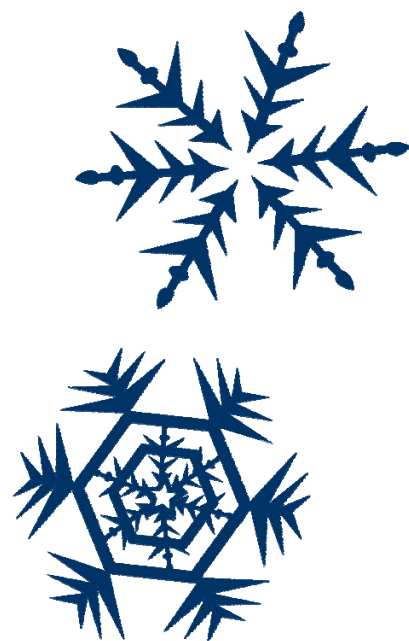


Healthy Male Donors Needed

Men are invited to participate in a University of Iowa research study on how serum and semen affect HIV infection of cells in the laboratory.

- 18 years or older
- No active symptoms of ill health
- Pre-existing hepatitis (HCV, HBV) or HIV is OK
- Compensation provided
- For more information: Call 319-335-7444

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please call 319-335-7444.



Contact Us

- To schedule a clinic appointment at UIHC, call 319-356-8133 and for Cedar Falls Outreach, call 319-356-1533.
- For refill requests, have your pharmacy fax a request to 319-356-3004 or contact the Infectious Disease refill line at 319-356-8133.
- For insurance questions, contact Angela Speers at 319-335-7309
- For lab results or health related questions, call Madison Auge at 319-335-7218 or Amy Halvorson Bouffard at 319-335-7444.
- If you have a medical emergency during the 8am-5pm work day, please try contacting your provider. If your provider is unavailable you may call the hospital operator at 319-356-1616 and ask for the Infectious Disease doctor on call.
- For medication questions, contact Dena Dillon at 319-541-0335
- Social work questions and concerns should be directed to Tricia Kroll at 319-384-7307, Jennifer Keeler at 319-467-5662, Sarah Hambright at 319-353-8951, Katie Vodraska at 319-353-7173, Malory Dreasler at 319-356-1545, or Kari Vrban at 319-467-5655.
- If you have questions or would like more information about our HIV program please contact Amy Halvorson Bouffard at 319-335-7444.

Cedar Rapids Shuttle

Location: The shuttle leaves from the Ground Transportation Center (GTC) in downtown Cedar Rapids and drops off at University of Iowa Hospitals and Clinics (UIHC).

Dates/Times: Mondays, Wednesdays and Thursdays (excluding holidays)

Depart GTC	8:00 am	11:30 am	3:30 pm
Arrive UIHC	8:45 am	12:15 pm	4:15 pm
Depart UIHC	9:00 am	12:30 pm	4:30 pm
Arrive GTC	9:45 am	1:15 pm	5:15 pm



*Arrival times are approximate. Most rides should take 45 minutes, but could fluctuate a bit based on traffic.

Cost: Rides are free for patients **not** covered by a Medicaid transportation benefit.

Contact: Reservations are required a minimum of 24 hours before the shuttle time, and by noon on Friday for rides on Monday. **To reserve a seat, call 319-363-1321**, or contact your case manager.

Moving? Transferring? Need Records Sent?



If you need to transfer your medical care, let us know! We can connect you to care wherever you may move and help you find services like you received at UIHC. HIV.gov is also a great resource for finding different services, like testing sites, housing assistance, Ryan White HIV care, and mental health and substance abuse treatment facilities. Once you find a location, call Madison at 319-335-7218, tell her where, and she will make sure you are linked to care in your new area.