



POSITIVE OUTLOOK

Health and Wellness Information for Members

Winter 2012



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Embrace Life!

Lots of people with HIV feel sad, lonely or depressed. Winter can be a tough time of year. The weather gets some people down. For others, the holidays are hard. The good news is there are things you can do to help you feel better!

Steps You Can Take

1. **Stay positive.** Focus on the things that are right in your life.
2. **Connect with others.** Friends and loved ones can be a good source of support. Join a group or club that interests you.
3. **Help others.** You can volunteer or help someone with a project. This adds value to your life and makes you feel good. Check out www.voa.org or call (800) 899-0089 for ways to get involved.
4. **Create joy in your life.** Find a hobby or fun things to do. Laugh! Watch funny movies or hang out with friends.
5. **Take care of your spirit.** Some people go to church or temple. Others meditate, do yoga or read. Find what speaks to you and practice it in your life.
6. **Deal better with hard times.** Avoid drugs and limit alcohol. They do not help you cope. Talk to your nurse care manager or doctor if you need help to stop using.
7. **Get active.** Exercise for 30 minutes or more 5 times a week. This helps get rid of stress and lifts your mood.
8. **Get enough sleep.** When you are rested and healthy, your body and mind work better.
9. **Eat well.** The food you eat can keep you healthy or make you sick. Pick the right food! Be sure to drink lots of water to help with your HIV medications.
10. **Take your HIV medications.** Your meds help you feel better and live healthier.
11. **Get help if you need it.** You are not alone! If you feel down or sad, talk to your nurse care manager and doctor. They can help!



P.O. Box 46160
Los Angeles, CA 90046

Member Services
Mon - Fri, 8:00am to 8:00pm
Tel (800) 263-0067
TTY/TDD: 711



High Blood Pressure



More than 65 million people in the U.S. have high blood pressure (hypertension). Sometimes it is called the silent killer. High blood pressure can cause heart attacks, stroke, kidney problems and blindness.

Who is affected by high blood pressure?

Anyone can have high blood pressure. Some groups are at more risk. These include:

- African Americans
- People over 55 years old
- People who have family members who have high blood pressure

Are there signs of high blood pressure?

Many people with high blood pressure feel fine. Your doctor can check your blood pressure. Some stores have machines that let you check your own blood pressure, but these can be wrong. Make sure to have your doctor check to get your true numbers.

When your blood pressure is taken, there are two numbers. The first number is the pressure when your heart beats. The second is the pressure when your heart rests.

1. Aim for a blood pressure of 120/80 or lower.
2. If your numbers are 140/90 or higher, you may need treatment.
3. You may need treatment if your blood pressure is higher than 120/80 and you have diabetes or other risk factors.

If you have high blood pressure, your doctor may prescribe medication. This must be taken every day to keep your blood pressure normal.

What can you do?

There are steps you can take to manage your blood pressure.

- Check your blood pressure
- Eat less salt
- Do not smoke
- Limit alcohol
- Keep active
- Take your blood pressure medicine every day if your doctor prescribes one

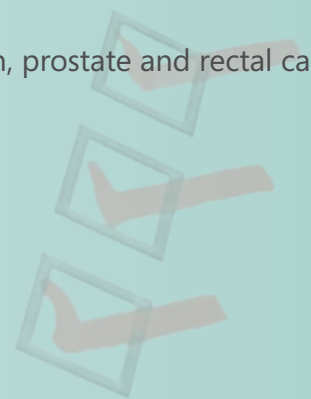
Take care of yourself to live a long and healthy life!



Prevention Points

Prevention is key to a healthy life. Be sure to:

- ✓ Stay in touch with your doctor and nurse care manager
- ✓ Get labs to check your viral load and CD4 count often
- ✓ Take your HIV medications daily
- ✓ Talk to your doctor about an Advance Directive (Five Wishes Guide)
- ✓ Get a glaucoma test for your eyes
- ✓ Talk to your doctor about tests to check for colon, prostate and rectal cancer
- ✓ Get an anal pap test each year
- ✓ Get a pap test of the cervix (women only)
- ✓ Ask for routine STD screening
- ✓ Work out 30 to 60 minutes, 5 days a week
- ✓ Eat 5 to 9 servings of fruits and vegetables daily
- ✓ Practice safer sex
- ✓ Stop smoking
- ✓ Limit alcohol use
- ✓ Stop illegal drug use
- ✓ See friends and be social for mental health and well-being



What You Should Know About Cholesterol

Cholesterol is a waxy fat in your blood. When you eat foods with lots of cholesterol, it can make too much cholesterol in your blood. This causes fat to build up in your heart and can lead to a heart attack.

You cannot always prevent high cholesterol. It may run in your family. Also, some HIV medications raise cholesterol. Only stop taking your meds if your doctor tells you to.

Types of Cholesterol

There are no symptoms for high cholesterol. Your doctor can order a blood test to check your cholesterol. You want a total of 200 mg/dL or lower.

You should know about these types of cholesterol:

1. **HDL is good cholesterol.** HDL helps remove fat from the body. Higher HDL levels mean a lower risk of heart disease. It should be more than 40 mg/dL.
2. **LDL is bad cholesterol.** LDL carries fat to other parts of the body. Higher LDL levels increase the risk of heart disease. It should be lower than 100 mg/dL.
3. **Triglycerides are also a form of fat in the blood.** High triglycerides plus high LDL levels makes heart disease more likely. It should be less than 150 mg/dL.



What You Can Do

You may need to take medications to bring your levels down. Here are things everyone can do to lower cholesterol.

- Drink little or no alcohol
- Do not smoke
- Stay active. Exercise at least 30 minutes five times a week.
- Keep blood pressure under control
- Maintain a healthy weight
- Eat fewer fats and less sugar
- Eat lots of fruit and vegetables. These have fiber that can help remove cholesterol from the body.
- Eat healthy fats, like nuts and avocados.
- Eat less beef, butter, cheese and milk. These are not healthy fats.
- Manage stress.

Protect Yourself: Get the Shots You Need!

Vaccines (shots) can keep you from getting sick. It is very important for people with HIV to try to avoid getting sick. Talk to your doctor to see if you need shots.

Some shots are part of a series. This means you need more than one shot to be protected. You will not get all of the shots at the same time.

What shots do I need?

Vaccine	Do I need this shot?	How often?	How many?
Flu	Yes	Every year	1
Hepatitis A	Yes	One time	2
Hepatitis B	Yes	One time	3
HPV	If 26 years or younger	One time	3
Meningococcal	Maybe	Discuss with your doctor.	--
Pneumovax (PPSV23)	Yes	You will need a second shot 5 years after your first shot. You may need another shot when you turn 65.	2
Tdap (Tetanus, diphtheria and whooping cough)	Yes	One time. After that you need a tetanus shot (Td) every 10 years.	1
Chicken pox	Yes. It can also protect against shingles.	One time	2
Zostavax (shingles)	No	Discuss with your doctor. The chicken pox vaccine can also protect against shingles and is safer for people with HIV.	--

Think About Joining a Trial!

New drug trials and treatment studies start all the time. These help create better treatment for all people living with HIV/AIDS. There are many types of clinical trials. One may be perfect for you. Your doctor may ask you to join a trial. Think about it!

**For more info call:
(323) 913-1033**



Language Line Services

Tell your doctor or nurse care manager if English is not the language you speak or if you are deaf or hard of hearing. We can call an interpreter who speaks your language. For your health, it is vital to make sure you and your doctor understand each other. This service is free to you.

A Message from Your Health Plan

Your Contact Information

Positive Healthcare California cares about you and your health. We need to know if you moved or got a new phone number in the past year. Please call Member Services to update your record.

Member Services

Monday-Friday 8:00am-8:00pm

Tel: (800) 263-0067 TTY/TTD: 711

Medication Therapy Management Program (MTMP)

As part of Positive Healthcare, you are enrolled in the MTMP. This Program helps people who take many prescription drugs. The Program lowers the chance of medication mistakes and reactions. Your health care team will be in touch with you and your doctor. They will explain the drugs that you take. Your doctor will know of safety issues with the medications. Any other health issues will also be handled. An action plan with your RN Care Manager will help with any problems you may have. The action plan will let you know just how and when to take your meds.

Compliance Hotline

Help us look out for Medi-Cal fraud and abuse. For example, if your Explanation of Benefits lists charges that are wrong, call Member Services. Call our Compliance Hotline if you suspect possible fraud or abuse.

Compliance Hotline: (800) AIDS-HIV • (800) 243-7448

We want to hear from you!

The Client Advisory Committee is a great way to tell us what you think about your Health Plan! We welcome all Positive Healthcare members and AHF Healthcare Center clients. You can share your questions, concerns and comments with our Health Plan leaders. We use your concerns to make your Plan better. Come to the next meeting to find out what Positive Healthcare can do for you!

California - Los Angeles

Tues, November 27, 2012 6:00pm – 8:00pm

Tues, January 29, 2013 6:00pm - 8:00pm

6255 W. Sunset Blvd, 21st Floor

To RSVP, **call Santiago at (800) 243-2101**

Food and drinks will be served.

Questions?

Contact Your RN Care Manager

Mon-Fri, 8:30am-5:30pm

Tel: (800) 474-1434

After-Hours Nurse Advice & Urgent Calls

Mon-Fri, 5:30pm-8:30am and 24 hours on Weekends

Tel: (800) 797-1717