

Your Roadmap to Undetectable

You've been diagnosed with HIV. Where do you go from here?
Follow our roadmap to help you live well with HIV.



Get In Care

Once you receive a diagnosis of HIV, the most important next step is to start taking HIV medicine to treat it as soon as possible.

- Find health care providers who make you feel comfortable and supported.
- They will help you stay informed about your HIV care and connect you to other services.

We can help determine your health needs at any time. Just complete a Health Needs Assessment by calling your Rapid Response Outreach Team at **1-888-643-0005**, Monday to Friday, 8 a.m. to 5 p.m.

Immediately contact the provider that was assigned to you by AmeriHealth Caritas Louisiana. If you have questions, call Member Services at **1-888-765-0004 (TTY 1-866-428-7588)** 24 hours a day, 7 days a week.

Get On Treatment

Getting on HIV treatment is the best thing you can do for your overall health and the first step to getting an undetectable viral load.

AmeriHealth Caritas Louisiana covers medicines that are medically necessary, prescribed by your health care provider, approved by U.S. Food and Drug Administration, and not excluded by the Louisiana Medicaid program.

- HIV care and treatment is most effective when you actively take part.
- That means taking your medications as prescribed, going to your medical appointments, and communicating honestly with your health care provider.

Stay In Care

Once you are on a treatment plan, work with your health care provider toward getting and keeping an undetectable viral load.

- This means the amount of HIV in your blood (viral load) is so low that a test can't detect it.
- Having an undetectable viral load is the best thing you can do to stay healthy.

Stay Undetectable

AmeriHealth Caritas Louisiana has created a special program for HIV/AIDS to help you stay healthy. You do not need a referral to join. To learn more about our care management program, please call the Rapid Response Outreach Team at **1-888-643-0005**, Monday to Friday 8 a.m. to 5 p.m.

People with HIV who take HIV medicine daily as prescribed, and get and keep an undetectable viral load, have effectively no risk of transmitting HIV to their HIV-negative partners during sex.

- Most people can get an undetectable viral load within six months of starting HIV treatment.
- Many will become undetectable very quickly, but it could take more time for some.
- The only way to know if you are undetectable is by visiting your provider and getting tested regularly.

If you have any questions about which meds are covered, contact your health care provider or pharmacist. You can also call Pharmacy Member Services **1-866-452-1040 (TTY 1-800-846-5277)** 24 hours a day, 7 days a week.

Sources: CDC and AmeriHealth Caritas Louisiana
www.cdc.gov/stophivtogether
www.cdc.gov/hivtreatmentworks



AmeriHealth Caritas Louisiana complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, religion, or ability to pay.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, seven days a week, at **1-888-756-0004 (TTY 1-866-428-7588)**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede recibir la interpretación por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004 (TTY 1-866-428-7588)** las 24 horas del día, los siete días de la semana.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể yêu cầu thông dịch thông tin này ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi ban Dịch vụ Hội viên phục vụ 24 giờ/ngày, 7 ngày/tuần, theo số **1-888-756-0004 (TTY 1-866-428-7588)**.

