



## HIV/ AIDS

### **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.

### **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.

### **Resources**

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