

PrimaryHealthCare

the project PRESS

OPEN YOUR MAIL!

IOWA HEALTH AND WELLNESS PLAN MEMBERS, LOOK FOR THESE LOGOS



If you receive a piece of mail with these logos on the envelope, open them immediately.

Everyone receiving medical insurance under Iowa Health and Wellness, including the Iowa Wellness Plan and Iowa Wellness Meridian, is required to complete Healthy Behaviors Requirements once a year. This includes the completion of a Health Risk Assessment online or over the phone and a Wellness Exam. The completion of both these pieces will allow the continuation of free health insurance under the Iowa Health and Wellness plan. If these are not done yearly, there may be premiums charged the following year.

Information about this program and other requirements that come with having insurance are often sent by mail. Open anything that has the following logos on the envelope, as it could be important for the continuation of your insurance.

It is your responsibility to complete these requirements yearly so please call your clinic to schedule your wellness exam. It can be done anytime within the 12 months of coverage. If you have questions or concerns, please contact your case manager or nurse care manager. We are here to assist you in any way we can!

15th Annual AIDS Walk|Run

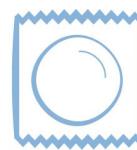
SATURDAY, APRIL 11TH
STARTS AT 9:00 AM
DMU CAMPUS
\$20 REGISTRATION FEE

PrEP Panel: Everything You Wanted To Know, But Were Afraid To Ask!

SATURDAY, APRIL 11TH
3:00 PM - 6:00 PM
THE GARDEN NIGHTCLUB
FREE EVENT

Condom Couture Fashion Show

SATURDAY, MAY 23RD
STARTS AT 8:30 PM
THE GARDEN
\$20 ADMISSION



*Condom Couture
fashion show*

Immunization

by Theresa Schall, Clinical Services Manager

Persons living with HIV are at an increased risk for certain infections.



Taking medication to control the virus decreases this risk. It is also important to make sure your immunizations are up to date.

Immunizations (vaccinations) help build up your body's defenses against certain infections. It fools the body into thinking you have already had the infection and helps your body produce antibodies to fight the infection. When you have HIV, you may have a different response to an immunization. Many immunizations are made from inactivated germs so they are safe to take. However, some are made from live viruses, such as the shingles vaccine, and may not be recommended for persons living with HIV. It is important that you talk to your provider about what immunizations you may need.

Some immunizations are only given once but others require a booster. You need to receive a flu shot every year. At Primary Health Care, we will be focusing on updating immunizations over the next few months. We will have information available for you about recommended immunizations and will be happy to discuss this with you.

If you plan to travel outside the United States, there may be some additional immunizations you will need. Talk to your provider about this prior to traveling, as it can take several weeks for your immune system to fully respond to the immunization.

CLEAR Tip: Finding Your Breath

by Brandon Foley,
CLEAR Counselor

Can you think of the last time you were very uncomfortable? Perhaps it was in an over-crowded bus or before an important meeting?

You may have noticed some physical changes like sweaty palms, a rapid pulse, or tightness in your chest. This is because during stressful moments our body activates our "Flight or Fight" response.

Our body is preparing to run away or to fight, by sending a surge of hormones through our body. But as we know, it isn't always helpful for us to be in "Fight or Flight" mode. What can help?

When you notice you're "activated" by stress, find your breath. Be aware of what it is doing. Just putting our attention on the breath can calm us down. You can take it a step further by slowing the breath down. Take longer, slower breaths that make your belly expand. Exhale slowly. Go ahead, try it. Take a few minutes to sit comfortably, find your breath and spend some time with it. With practice, finding your breath and taking longer, slower breaths can be a guaranteed stress buster.

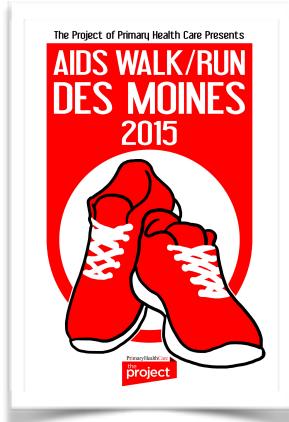
For more ways to relax, consider our free CLEAR program.

Contact: Brandon 515-248-1584



15th AIDS Walk/Run Des Moines is April 11

by Ryan Crane, Development Director



Spring is finally here!

The 15th Annual AIDS Walk/Run is a 5K run winds through the beautiful campus of Des Moines University and the historic South of Grand neighborhood. The event is Saturday, April 11 from 9 to 11 a.m.

Pets, children and families of all ages are welcome on the route

There will be raffle items, face painting, Starbucks Coffee, entertainment from the Isiserettes Drum Corps, and educational and awareness activities along the race course.

Register for just \$20 per person (includes a t-shirt!), and spread the word on Facebook!

Want To Stop Smoking?

by Theresa Schall

Smoking doubles the risk of death among people living with HIV. The Ryan White Program will now pay for resources to help you quit! Get starting by talking to your case manager about how you might benefit from this program.

If you are not in case management, call 248-1593 and get referred to a case manager because anyone who is eligible for case management can participate in this program. Stop smoking and breath easier!

HIV & Sexually Transmitted Infection (STI)

by Maggi Vodraska, Prevention Specialist

Did you know that having HIV puts you at an increased risk of getting a STI? Due to having a compromised immune system you are much more susceptible to contracting an STI like Chlamydia, Gonorrhea or Syphilis. Also having an STI while you already have HIV can greatly affect your viral load.

So if you are sexually active it is good to be tested for STIs regularly about every 3-6 months.

At the Project we offer a full spectrum of STI testing. We do blood draws for Syphilis and then three different types of Chlamydia and Gonorrhea screenings. We do urine tests (to test the urethra), throat swabs and rectal (self administered) swabs. If you are using all of these areas it is good to get all areas checked because Chlamydia and Gonorrhea can appear in one area and not the other.

If you are interested in scheduling an appointment feel free to ask Gaylynne while you are getting your labs done or schedule an appointment projecthim.org.

Schedule Your Pap Smear, Get Bath + Beauty Gift

by Katie Strabbing, Nurse Care Manager

Take a step to staying healthy. Complete your Pap Smear and receive a complimentary bath and beauty gift set. Pamper and treat yourself to a little spa after you've completed your pap. But you must call your Nurse Care or Case Manager and schedule an appointment to take advantage of this offer.

DIRECTOR'S NOTE



Greg Gross

HIV Program Director

The season of spring is a time for renewal and growth. We have a variety of updates on services that get you

moving on this path! For one, CLEAR, a time-limited one-on-one empowerment workshop that helps you get the most you want out of life and relationships, is now open to all people living with HIV. Second, did you know we offer STI screenings? Third, we have a special promotion going on for our female patients to get their annual paps, an important preventative screening. Also, PITCH's Wellness Summit is coming up May 17-19 which is an important way to feel supported and connected to others in Iowa living with HIV and to re-energize your approach to life.

Finally, I'm very pleased to make you aware that Casey (Smith) Ward, a former re-engagement specialist and case manager, is now the Supportive Services Manager. Theresa Schall, a former nurse care manager, is now the Clinical Services Manager. They are both dedicated, hard-working individuals who put your needs first. I'm grateful to have their experience and talents to help lead The Project of Primary Health Care and provide the best services possible to support health and well-being.

We value the opportunity to partner with you on the path of wellness. Thank you for choosing us!

COMMUNITY EVENTS

2015 PITCH WELLNESS SUMMIT

WHEN	May 15th - 17th
DETAILS	Visit pitchiowa.com for more information.

2nd Annual Condom Couture Fashion Show

WHEN	Saturday, May 23rd. 8:30 pm
WHERE	The Garden Nightclub
DETAILS	High fashion + innovative designs from an unconventional material.
COST	\$20 Admission

2015 Matthew Shepard Scholarship Awards Dinner

WHEN	Friday, June 5th, 5:30 PM
WHERE	Iowa Events Center
DETAILS	Visit www.mssad.org

Capital City Pride

WHEN	June 12 - 14
WHERE	Historic East Village
DETAILS	Visit www.capitalcitypride.org

Let's Be Social!

Follow us on Twitter: @aidsprojectci

Like Us! facebook.com/aidsproject

Get updates on upcoming events, announcements, and important news.