

HIV Case Management for NC Medicaid Beneficiaries

Studies show that engaging HIV-positive individuals in managing their own health care improves clinical outcomes.

Finding the Right Resources Available for YOU

For those with HIV, learning what resources are available — and where to find them — can seem overwhelming. Because everyone has different health needs, there's no single bundle of services that fits everyone.

HIV case management is here to help. Medicaid beneficiaries work with a personal case manager, who will create a customized care plan based on immediate needs, resources and strengths.

Case managers help design individual plans that can:

- Provide help steering through health care and social services systems
- Promote continuity by coordinating care received from health management providers
- Find and help get access to resources and services:
 - Medical treatment and education to help stay on a treatment plan
 - Mental health, intellectual and developmental disability, and substance use

- Food, housing or other environment needs
- Instrumental activities of daily living (IADL), which may include cleaning and maintaining a home, managing money, shopping or preparing meals
- Financial needs
- Socialization and recreational needs

Individualized plans provide case-by-case benefits including:

- Promoting engagement in personal health care
- Increasing understanding of HIV
- Reinforcing positive health behaviors
- Expanding access to a wide range of appropriate services
- Preventing disease transmission and delaying HIV progression
- Enhancing health and function
- Improving quality of life

A 2016 study by the National Center for Biotechnology Information (NCBI) found that HIV-positive individuals engaged in their own care are more



1,399 people
were newly diagnosed
with HIV in NC in 2016.



likely to be virally suppressed, improving clinical outcomes and decreasing chances of HIV transmission.

Source - *The Impact of Comprehensive Case Management on HIV Client Outcomes*, Feb. 5, 2016. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744022>

MORE THAN
34,000 people
are living with HIV/AIDS
in North Carolina.



How to Begin Using HIV Case Management Services

To be eligible for Medicaid HIV case management services, a person must:

- Receive North Carolina Medicaid
- Be diagnosed with HIV or seropositivity (detectable antibodies to HIV)
- Reside in a Medicaid-covered facility

County Department of Social Services case workers will help determine if someone is eligible for Medicaid. Eligibility will depend on age, health needs, income and resources.

Go to epass.nc.gov to apply for Medicaid. A list of county Departments of Social Services offices is at <http://bit.ly/2qO8xaw>.



About HIV: Human immunodeficiency virus (HIV) is a serious and chronic illness that can be spread through certain body fluids. HIV can cause flu-like symptoms in the first few weeks. With early diagnosis, people can live many years without physical symptoms. Without treatment, overall health will begin to decline.

HIV attacks the body's immune system by reducing CD4 cells (T cells) produced in the bone marrow. This damage prevents the body from fighting disease, allowing infections or cancers to take advantage of the weakened immune system. Untreated, HIV leads to acquired immune deficiency syndrome (AIDS), the last stage of the HIV infection.

No cure currently exists, but with proper care, HIV can be controlled with medications called antiretroviral therapy (ART). Proper use of ART can help prevent HIV from progressing to AIDS, reduce the risk of transmitting HIV to others, and help people with HIV live longer, healthier lives.

Source - 2016 North Carolina HIV/STD/Hepatitis Surveillance Report, Dec. 31, 2016. http://epi.publichealth.nc.gov/cd/stds/figures/std16rpt_rev3.pdf