

Aetna Better Health® of Michigan

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Aetna Better Health® of Michigan

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HIV Awareness, Prevention, & Education

Dear Provider:

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. Without treatment, it can lead to AIDS (acquired immunodeficiency syndrome).

Currently, there is no cure. Once an individual contracts HIV, they have it for life. However, proper medical care can control the virus.

People with HIV who start and maintain an effective HIV treatment regimen can live long, healthy lives and protect their partners.

Prevention

HIV is preventable! Today, more tools than ever are available to prevent contracting HIV.

Prevention strategies include:

- Using condoms the right way every time an individual has sex.
- Never sharing needles, syringes, or other drug injection equipment.
- Using PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis).

If your patient has been diagnosed with HIV, there are many ways to prevent transmitting HIV to others, including HIV treatment to reach and maintain an undetectable viral load.

Testing

The only way to know your patient's HIV status is through testing. Knowing their status gives you powerful information to keep them and their partner(s) healthy.

*CDC recommends **everyone** between the ages of 13 and 64 get tested for HIV **at least once**. People with certain risk factors should get tested more often.*

How Can You Help?

- Consider discussing the importance of regular STI screenings and healthy lifestyle choices with your patients.

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- Document any test results in your patient's medical record and discuss the results with your patient.
- Discuss preventative actions your patients can take, such as PrEP, to maintain wellness.
- Consider adding yourself and/or your practice to the National Prevention Information Network (NPIN) to improve information and resource sharing for patients:
<https://npin.cdc.gov/>
- Review [Aetna Resources- HIV](#) for supporting members.

For any questions, please reach out to your assigned Provider Representative. We're here for you Monday through Friday, 8 AM to 5 PM: [1-866-316-3784](tel:1-866-316-3784) (TTY: [711](tel:1-866-316-3784)).