

HIV/AIDS Medical Care

HIV infection is a serious condition that requires ongoing medical attention.

Even if you are not experiencing opportunistic infections or other types of illness, you need to be treated for HIV regularly. Letting down your guard or not monitoring how HIV affects your body may put you at risk for further damage to your immune system.

By selecting a provider with whom you are comfortable and who is familiar with your situation over a period of time gives you a better chance of managing your HIV successfully. Your future treatment will be influenced by how HIV behaves in your body now and how it behaved in the past. A provider who understands your history will best be able to help you.

[Where Can I Access Medical Care?](#)

-Los Angeles County Facilities: The nine county clinics listed in the HIV/AIDS Medical Care section each offer comprehensive HIV/AIDS medical care as well as additional services, such as disease monitoring and psychosocial services

-Health maintenance organizations: Your health insurance plan may cover HIV/AIDS medical care. To find out, check with your member services department

-Private practitioners: If you have private insurance, you may have access to an HIV medical provider. The American Academy of HIV recognizes certain providers who demonstrate knowledge and skills in delivering HIV medical care as AAHIVM HIV specialists.

-Community Clinics: Clinics throughout Los Angeles County offer comprehensive HIV medical care at no charge or based upon your ability to pay

[What Kinds of Services are Available?](#)

-Early Intervention Programs: Following an HIV diagnosis but before starting treatment, you may want to consider enrolling in one of these programs that are designed for people in the early stage of HIV

-Monitoring: Your CD4 cell count, viral load and vital signs (weight, blood pressure, etc.) all need to be checked regularly to gauge the effectiveness of your treatment plan

-Development of treatment plans: Your primary-care provider will work with you in deciding on treatment options

-Medication: Your treatment plan may include medications approved by the Food and Drug Administration (FDA) as well as enrollment in clinical trials for experimental HIV treatment. See the ADAP and Clinical Research sections of this directory

-Treatment adherence services: Many providers offering HIV medical care also offer services to help you correctly and consistently use your medication. See the Treatment Adherence section of the directory

-Nutritional counseling: Nutrition is an important part of your treatment plan and many HIV clinics offer nutritional counseling or can provide a referral. See the Food and Nutrition Section and the related fact sheet

-Preventive care: Some clinics offer programs and workshops to help patients detect cancer, obesity, diabetes and other medical conditions before they become life-threatening.

What are the Costs of Accessing Care?

If you have little or no income, you should be able to access care at no charge or for a small co-payment. Contact the providers listed in the HIV/AIDS Medical Care section or see the Public Benefits fact sheet.

FOR MORE INFORMATION

-For the most up-to-date HIV/AIDS Medical Care listings visit www.hivla.org

-Contact the American Academy of HIV Medicine at www.aahivm.org or (866) 241-9601

-Contact the California Office of Managed Care Helpline at (888) 466-2219

