Help4Hep 877.435.7443

Help4Hep is a non-profit toll-free helpline for those with concerns about hepatitis C. Counselors work with patients to meet the challenges of hepatitis C head-on. Callers talk one-to-one with a real person, typically someone who's had hepatitis C touch their own life. And they talk about the specifics of their particular situation. The phone call, support and information are all provided free of charge.

Call the Helpline NOW!
877-HELP-4-HEP (877-435-7443)
or Visit www.help4hep.com

HEPC EDUCATE

HEP C Educate will connect you with a community educator who can assist you with Hepatitis C information, help you navigate local resources, etc.

Call 1-844-HEPCINFO
or visit www.hepceducate.com

Updates and questions about this guide please forward to:
Viral Hepatitis Prevention Coordinator
801-538-6191
http://health.utah.gov/epi/

Utah Hepatitis C Resource Guide

https://sites.google.com/site/hepatitisinfoutah/

2015

UTAH DEPARTMENT OF HEALTH

This resource guide was developed for Utah providers and people living with Hepatitis C and their caregivers.

This resource guide is updated regularly.
Most recent version can be found at:
https://sites.google.com/site/hepatitisinfoutah/

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Published by:
Prevention, Treatment & Care Program
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Salt Lake City, UT 84114-2104
health.utah.gov/epi

© March 2015, *Updated October 2015*

Immunology – The branch of medicine that focuses on the immune system, immunity, and allergy.
Jaundice – Yellowing of the skin and whites of the eyes.
Laparoscopic biopsy – A medical procedure performed when a tube (laparoscope) is inserted through an incision in the abdomen and a piece of tissue is removed.
Lipid – Component of fat.
Lipoproteins – A complex of lipids and proteins that carries lipids around the body.
Liver – The largest glandular organ in the body. It has many functions that include, but are not limited to: the production of protein and cholesterol, the production of bile, the storage of sugar in the form of glycogen, and the breakdown of carbohydrates, fats, and proteins. The liver also breaks down and excretes many medications.
Malaise – Discomfort, uneasiness often indicates infection.
Pancreas – A long, irregularly shaped gland lying behind the stomach that secretes digestive enzymes and produces insulin.
Pathologist – A specialist in diagnosing the abnormal changes in tissues removed at operations and postmortem examinations.
Perinatal – Concerning the period beginning after the 28th week of pregnancy through 28 days following birth. Perinatal Transmission of an infectious disease from mother to infant. It can happen in the uterus, or during or after birth.
Peripheral edema – Fluid build up in the feet and ankles.
Phospholipid – A phosphorus-containing lipid found in cell membranes.
Polymerase inhibitors – A compound that stops an essential enzyme needed for viral replication.
Portal hypertension – High pressure in the liver, intestines, and spleen.
Prophylaxis – A type of treatment to prevent disease or stop it from spreading.
Protease inhibitor – A compound that breaks down proteins, inhibiting the replication of viruses such as HIV.
Serologic testing – Blood test.
Transvenous biopsy – A procedure during which a tube is inserted into a vein in the neck, then a needle is put into the catheter to remove tissue samples.
Ultrasound – A test that uses a wand, which is placed on the abdomen and moved back and forth to examine the shape, size, and appearance of the liver.
Variceal bleeding – Bleeding from blood vessels in the esophagus. This may occur in patients with cirrhosis.

Glossary of Important Terms

Esophagus – The tube that carries food from the mouth to the stomach.
Fibrous – Composed of or containing fibers.
Fulminant – Sudden onset, most severe.
Gastroenterologist – A doctor that specializes in the function and disorders of the esophagus, stomach, pancreas, intestines, and liver.
Glucose – A sugar formed during digestion.
Glycogen – A substance found in the liver and muscles that is easily converted to glucose for energy.
Hemodialysis – The process of filtering the accumulated waste products from the blood of a person whose kidneys are not functioning properly, using a kidney machine.
Hepatitis – Inflammation of the liver. It may be caused by a variety of agents, including viral infections, bacterial invasion, and physical or chemical agents. Symptoms include: fever, jaundice, and an enlarged liver.
Hepatitis A – An acute infection and does not progress to chronic hepatitis or cirrhosis. Most patients recover completely within six to ten weeks. Hepatitis A is spread mainly via feces and contaminated food and water. A vaccine against the hepatitis A is available.
Hepatitis B – About 10% of cases progress to chronic infection. It is transmitted through sexual contact with an infected individual, injection drug use, and other exposure to infected body fluids. A vaccine against the hepatitis B vis available.
Hepatitis C – A form of hepatitis that was previously known as non-A, non-B hepatitis and is caused by the hepatitis C virus (HCV). There is no vaccine against hepatitis C virus.
Hepatitis D – A person cannot be infected with HDV without current or simultaneous infection with hepatitis B virus. Hepatitis D infection is rare in the U.S. and occurs primarily in recipients of multiple blood transfusions, including patients with hemophilia or undergoing renal dialysis, and among those who share contaminated needles.
Hepatitis E – Caused by a waterborne virus (HEV). It is rare in the U.S. and occurs primarily in developing countries. Hepatitis E infection results in an acute infection much like hepatitis A. It does not cause chronic infection. It is spread by fecal contamination in water.
Hepatocellular carcinoma (HCC) – Liver cancer.
Hepatocytes – Liver cells.
Hepatologist – A doctor who specializes in the study and treatment of liver disease.
Immunoglobulin – One of a family of closely related though not identical proteins capable of acting as antibodies.

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Introduction

Viral hepatitis is a major public health problem in Utah. Nation-wide, it is estimated that more than 1.2 million people are living with chronic hepatitis B and at least 3.2 million people are living with chronic hepatitis C.

It is estimated that up to 75% of people infected with HCV do not know it.

This Hepatitis C Resource Directory was prepared by **The Utah Department of Health** to inform the general community and health and human services providers about available viral hepatitis services in our state.

The directory provides information about a range of services including:

- where to get vaccinated
- where testing is available
- which doctors or clinics provide medical care for people living with viral hepatitis
- how to locate support services for people living with viral hepatitis

Included in this guide is basic information about viral hepatitis and links to important resources throughout Utah.

The guide also includes a list of valuable internet websites with important information on many topics related to viral hepatitis.

Please forward updates, changes and questions about this guide to the Viral Hepatitis Prevention Coordinator:
801-538-6191 or hbush@utah.gov

As information and contact information changes regularly, confirm with each resource you contact.

Internet Resources

Centers for Disease Control and Prevention, Hepatitis Branch
http://www.cdc.gov/hepatitis/

Know More Hepatitis
www.cdc.gov/KnowMoreHepatitis

American Liver Foundation
www.liverfoundation.org

HBV Advocate-Tons of Hepatitis B information
www.hbvadvocate.org

HCV Advocate- Tons of Hepatitis C information
http://www.hcvadvocate.org/

Hepatitis Education Project
National Hepatitis Prison Coalition
www.hcvinprison.org

Hepatitis C Caring Ambassadors Program
www.hepcchallenge.org

Hepatitis C Connection
www.hepc-connection.org

Hepatitis C Global Foundation
www.hcvglobal.org

Hepatitis Foundation International
www.hepfi.org

HIV and Hepatitis
www.hivandhepatitis.com

National Institutes of Health
http://medlineplus.nlm.nih.gov/medlineplus/hepatitisc.html

Veterans Affairs—Center for Excellence in HCV Research & Education
http://www.hepatitis.va.gov/

The Combo Survival Guide– Information about Treatment
http://www.hepcsurvivalguide.org/comboguide.htm

Living With Hepatitis C

TIPS FOR LIVING WELL WITH HCV:

- Rest when tired
- Take only the medications recommended by a healthcare professional
- See a liver doctor regularly (hepatologist or gastroenterologist)
- Attend all medical appointments
- Be screened for liver cancer regularly
- Avoid alcohol, tobacco and recreational drugs. If you cannot quit, identify resources to help you cut back or reduce harm. (Pg. 41)
- Aim for 7 to 9 hours of sleep every night.
- Keep current with regular medical screenings.
- Be immunized against hepatitis A and B. Make sure all vaccinations are up to date.
- Strive to be as physically active as you can be on a regular basis.
- Maintain a healthy weight.
- Eat a low fat, high fiber diet. Include fruit, vegetables, and whole grains. Avoid trans-fatty acids and saturated fats.
- Avoid dietary supplements that may harm the liver, such as iron or vitamin A, kava, and valerian; never take large doses of supplements; verify that what you are taking is compatible with everything else you are taking.
- Avoid or reduce stress.

SUBSTANCE USE

One of the first recommendations given to patients with HCV infection is to abstain from alcohol use. This is especially important for HCV patients undergoing antiviral therapy. Patients who drink during HCV treatment are less likely to clear the virus.

SUPPORT GROUPS

A good support group provides information, resources and support. Patients share their experiences, talk about their favorite doctors, discuss how they handle medication side effects, and provide tips on living with HCV. Most patients find it valuable to be with others who share the same experiences as they do, where they can be among others without having to explain themselves.

Find and register or start a support group:
http://hcvadvocate.org/resources/support-groups/

How to use this guide

This guide is organized to help you find the services that you need. Go to the table of contents and find the pages of the guide that include information about the service you are seeking. Once you turn to that section, you will be able to identify all of the locations where that service is available.

This guide is also set up to help a person who is living with viral hepatitis navigate through a process to learn about their health status and understand available resources / services. It can also be used by health and human services providers as they work with people affected by viral hepatitis.

Step One: Locate a Provider
After you have tested positive for HCV antibodies (anti-HCV) the first thing you need to do is find an appropriate provider that can give you a confirmatory test. This test is what confirms whether you do or do not still have HCV.

Appropriate Providers may include the following:

- **Primary Care Physicians–** Most offer HCV testing and treatment. If you do not currently have a primary care physician you can find information about providers in your area in this book (*see pages 35-40).*
- **Community Health Centers–** If you do not currently have a primary care provider you can find information about health centers in your area in this book *(pages 22-25)*

HepCEducate.com—Helps educate about Hepatitis C and identify local resources and support: https://www.hepceducate.com/

American Liver Foundation—"Find a Provider" Tool: http://hepc.liverfoundation.org/find-a-healthcare-provider/utah/#

HepC.com—Resources for People with Hepatitis C and "Find a Doctor" Link: https://www.hepc.com/

How to use this guide, continued

Step One: Locate a Provider, continued

- **Primary Care Network–** Providing healthcare coverage for single adults ages 19-64 who qualify including primary care services and other medical services. More information is provided in this booklet *(page 8).* If eligible this booklet has information about providers that accept individuals who get coverage through Primary Care Network (PCN) *(page 30).*

- **Medicaid–** A program that provides health care for people who have low income and cannot afford it. You must be a citizen or legal resident of the United States to apply. More information about Medicaid is listed in this booklet *(page 13).* In this booklet you can also find information about providers that accept Medicaid *(page 32).*

- **Veterans Services–** Locations and contact information is provided in this booklet *(page 33).*

- **Clinical Trials–** Some individuals seeking treatment may be eligible to take part in clinical trials of various treatments *(For a list of organizations performing clinical trials see page 28).*

- **Providers in Neighboring States—**For information about providers in Colorado, California, Idaho, Nevada, Oregon, Montana, and Wyoming *see pages 39-40.*

Project ECHO

A program that can link you to providers who provide HCV treatment in Utah (and some neighboring states) and can help your existing provider with

insomnia. Sometimes side effects can disrupt a person's life and day-to-day activities. New medications are available that may increase the number of people who get rid of the virus and may reduce the length of treatment and have fewer side effects

Can Hepatitis C be cured?

For many people with Hepatitis C, medical treatment can be successful and can result in the virus no longer being detected in the blood. This is referred to as a sustained viral response, or SVR.

What are the potential outcomes of treatment?

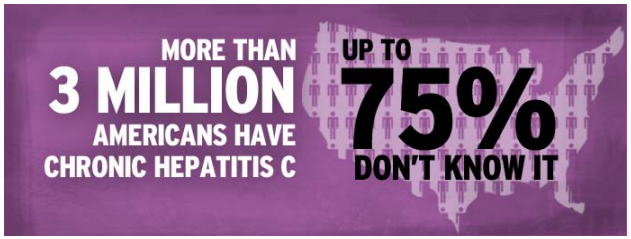
• Sustained virologic response (SVR) – Treatment for hepatitis C is considered successful when HCV cannot be detected in the body six months after the medication has been completed.
• Improved response, but no SVR – The amount of HCV in the body is significantly lower than before treatment, but HCV is detectable in the body.
• No response – The medications had minimal or no effect.
• Incomplete treatment – Treatment ended earlier than the prescribed duration.

After treatment, is a person protected from Hepatitis C?

No. A person who has been successfully treated and has an SVR is not protected for life from Hepatitis C. A person can get infected with Hepatitis C again if he or she is exposed to blood infected with the Hepatitis C virus.

Can people with chronic Hepatitis C continue to work and do everyday activities?

People with chronic Hepatitis C can continue to work and perform everyday activities. The Centers for Disease Control and Prevention's recommendations state that people should not be excluded from work, school, play, child care, or other settings because they have Hepatitis C.



Living With Hepatitis C

What is chronic Hepatitis C?

Chronic Hepatitis C is a contagious liver disease that results from a long-term infection with the Hepatitis C virus (HCV). Chronic Hepatitis C can lead to serious health problems including liver damage, liver failure, or liver cancer. Over time, approximately 60%-70% of people with chronic Hepatitis C develop liver disease and 1%-5% of people get liver cancer or cirrhosis.

What are the symptoms of Hepatitis C?

Most people with chronic Hepatitis C do not have any symptoms. Whether or not you show symptoms depends on many factors, such as how long you have had the virus and any other health conditions you have. Symptoms of chronic Hepatitis C can take up to 30 years to develop. When symptoms do appear, they can be a sign of serious liver problems. If and when you experience symptoms, they can include: fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, grey-colored bowel movements, joint pain, and jaundice.

What if I don't feel sick?

People with Hepatitis C often do not feel sick for many years. As a result, people could be living with Hepatitis C and appear healthy while liver damage silently occurs. Whether or not you have symptoms, the virus can be spread to others.

How is chronic Hepatitis C treated?

Medications, called antivirals, can be used to treat many people with chronic Hepatitis C. However, not everyone needs or can benefit from treatment. It is important to be checked by a doctor experienced in treating chronic Hepatitis C. He or she can determine the most appropriate medical care. Decisions about starting antiviral treatment are based on many factors, such as the type of virus, the condition of the liver, and other health conditions. Whether or not to be treated or when to start treatment should be discussed with your doctor.

What is treatment like?

Current treatment typically involves taking combinations of different antiviral medications for 3 to 6 months. These medications help your body to fight the Hepatitis C virus. Treatment can cause side effects such as flu-like symptoms, depression, weight loss, rash, anemia, and

2 Step Two: Get a Confirmatory Test

A positive HCV antibody test means that at some point you have had the Hepatitis C Virus (HCV). You need to get a confirmatory viral load test to see if you still have HCV. This test measures HCV RNA, or genetic material in the blood. If you have "cleared" or "resolved" the virus, this test will come back "undetectable." If the test comes back "detectable," then you are living with chronic (long-term) hepatitis C.

- **Your Local Health Department–** If you do not have a provider or cannot locate an appropriate provider you can schedule an appointment at your local health department to get a confirmatory test. *For local health department information see pages 20-21.*

3 Step Three: Find Support

One of the most important things you can do is to find support. It can be frightening to be diagnosed with hepatitis C but remember that you are not alone. Talk with people you care about and ask for support. Different services are available to you.

- **Mental Health Services–** Programs can include counseling and peer support groups. *For a list of professionals that are experienced with hepatitis C , see page 41*

- **Substance Abuse Services-** This can include treatment, counseling, and other services. *For a list of providers that are experienced with Hepatitis C see page 41*

- **Patient Assistance Programs–** Programs that provide some financial assistance for medication, depending on eligibility. *For a list of these programs see page 26*

- **Primary Care Network–** Providing healthcare coverage for single adults ages 19-64 who qualify including primary care services and other medical services *(see page 30).* If eligible see page 31 *for* providers that accept individuals who are get coverage through Primary Care Network (PCN)

How to use this guide, continued

- **Medicaid–** A program that provides health care for people who have low income and cannot afford it. You must be a citizen or legal resident of the United States to apply. *For more information see page 32.* In this booklet you can also find information about providers that accept Medicaid.

- **Veterans Services–** Locations and contact information is provided in this booklet *(page 33).*

Step Four: Prevention

Obtaining treatment for HCV is very important but there are other things you can do to reduce your risk of further infection and prevent any further damage to your liver. It is also important to keep the virus from spreading to others.

4

To Help Your Liver:

- Reduce your alcohol intake as much as possible (alcohol harms the liver)
- Eat a healthy, low-fat, low salt diet
- Drink a lot of water
- Get enough rest and moderate exercise
- Get Immunized/Vaccinated and tested for HAV and HBV (the virus that causes hepatitis B)-*More information can be found on page 14.*
- See your Primary Care Physician for regular check-ups and visits to stay healthy and monitor your liver

Preventing transmission to others

It is possible for people with HCV to live healthy, active lives.
You can take steps to keep yourself and those around you healthy.
There is no vaccine to prevent HCV. The only way to stop the spread of HCV is to avoid direct contact with infected blood.

- Do not share needles or other injection equipment
- Use recommended safety measures if you are exposed to blood or needle sticks
- Practice safe sex
- Use clean needles, ink and other equipment for tattoos or body piercings

Substance Abuse Treatment Programs & Mental Health Providers Experienced with Hepatitis C

The Ark of Little Cottonwood
(801) 733-9913
2919 Granite Hollow
Sandy, UT 84092
www.thearkoflittlecottonwood.com
*Private Insurance is required.

First Step House (men only)
(801) 359-8862
411 North Grant Street
Salt Lake City, UT 84116

Project Reality
(801) 364-8080
150 East 700 South
Salt Lake City, UT 84111

The Haven
(801) 533-0070
974 East South Temple
Salt Lake City, UT 84102

Cornerstone Counseling Center
John Bonner
(801) 363-9414
435 West Bearcat Drive
Salt Lake City, UT 84115
www.cornerstoneslc.com

Odyssey House
(801-322-3222
344 East 100 South, Suite 301
Salt Lake City, Utah 84111
www.odysseyhouse.org

Utah Alcoholism Foundation
(801) 487-3276
857 East 200 South
Salt Lake City, UT 84102
www.uafut.org

VA Salt Lake City Health Care System
(801) 582-1565
Dale Sterner, LSAC (Outpatient)
1-800-613-4012 Ext. 840
Charles Talcott, LSAC
(Inpatient)
North Star S.A.T./Eagle's Nest R. T. (116NS) Building 3
500 Foothill Drive, SLC, UT 84148
Walk-in intake appointments:
Monday-Friday 11:00 AM

Allison Musso, PhD
(801) 478-2780
1545 East 3300 South
Salt Lake City, UT 84106

Sundance Behavioral Resources LLC
(801) 264-9522
845 East 4800 South
Murray, UT 84107

Valley Mental Health
(801) 263-7225
5965 South 900 East, Suite 150
Salt Lake City, UT 84121
* Crisis Unit (in case of emergency) (801) 261-1442

Providers in Neighboring States, cont.

NEVADA

Nevada GI Elko
Fred Fricke MD
855 Golf Course Rd
Elko, NV 89801
(755) 753-4700

MONTANA

Billings Clinic
Karen Stainton NP
2675 Central Ave
Billings, MT 59102
406-238-2501

Blackfeet Community Hospital
Jeffrey Smith, MD
760 New Hospital Cr.
Browning, MT 59417
406-338-6140

Northwest Specialists
Jeffrey A. Tjaden, M.D., M.P.H.
1297 Bains Way Suite 4
Kalispell, MT 59901
(406) 751-5364

Partnership Health Center
Amy Matheny, MD
Cassandra, Kavran, RN
Kate, Kresbach, DO
401 Railroad St. W
Missoula, MT 59802
406-258-4789

OREGON

Umpqua Community Hth Ctr
Chris Gessell NP
150 Kenneth Ford Dr
Roseburg, OR
(541) 672-9596

WYOMING

Sweetwater Memorial
Elina Chernyak, MD
Brianne Crofts, MD
Addiction Medicine Clinic
1180 Collage Dr Suite 2-5
Rock Springs, WY 82901
307-352-8131
www.sweetwatermemorial.com/

Wilson Medical Clinic
Christine Turner, MD
Mike Menolascino, MD
5325 HHR Ranch Rd
Wilson, WY 83104
307-733 2855

HealthWorks
Diane Bird, RN
2508 E. Farm Rd
Cheyenne, WY 82007
307-635-3618

Sheridan Hospital Internal Medicine
Ian Hunter, MD
1435 Burton St.
Sheridan, WY 82801
307-675-2650

- Don't share straws or pipes or other non-injection drug equipment
- Do not share razors, toothbrushes, or other personal items with others
- Wear gloves if you have to touch someone's blood
- HCV is not spread by sharing eating utensils, hugging, kissing, holding hands, coughing, or sneezing.
- HCV is also not spread through food or water.

Can I transmit hepatitis C sexually?

Yes, it is possible to transmit HCV sexually. HCV is transmitted when someone's blood comes into direct contact with HCV-infected blood. The risk of transmission from sexual contact is believed to be low. However, having multiple sex partners, a sexually transmitted disease, HIV, or engaging in rough sex can increase the risk of transmission. You can prevent transmitting HCV sexually by practicing safe sex.

Can I transmit hepatitis C to my baby?

Yes, it is possible to transmit HCV to your baby during childbirth. The risk of transmission is believed to be low. About 4 of every 100 infants born to mothers with HCV become infected with HCV. Mothers who have HCV and HIV are at greater risk of transmitting HCV to their babies. HCV is not transmitted by breastfeeding. However, women who have cracked or bleeding nipples are advised to temporarily stop breastfeeding until the nipple is healed and is no longer bleeding.

Hepatitis C Information—FAQs

What is hepatitis C?

Hepatitis C is a disease caused by the hepatitis C virus (HCV). It primarily affects the liver and over time can damage the liver and health of an individual. Usually it takes a long time to do any damage. Sometimes the damage is so minimal that people will go through their entire lives without knowing they have HCV.

How does a person get hepatitis C?

Hepatitis C is usually spread when blood from a person infected with the Hepatitis C virus enters the body of someone who is not infected. This can happen through multiple ways:

- Sharing needles and other equipment (cotton, water, surface, etc) to inject drugs
- From body piercing or tattoos that were done in prisons, at home or in other unlicensed or informal facilities.
- In rare cases, Hepatitis C may be sexually transmitted.
- Babies born to mothers with Hepatitis C can get the infection during childbirth.
- Although uncommon, outbreaks of Hepatitis C have occurred from blood contamination in health care settings
- Before widespread screening of the blood supply began in 1992, Hepatitis C was spread through blood transfusions and organ transplants and people who took blood products prior to 1987

HCV is not spread by kissing, hugging, sneezing, coughing, sharing food, eating utensils or glasses.

Is hepatitis C rare?

No. Approximately 3 to 4 million people in the United States have HCV. Worldwide, more than 170 million people have HCV. And it is estimated that up to 75% with hepatitis C don't know it.

What are the symptoms of hepatitis C?

Some people have little or no symptoms. This could be because they hardly have any liver damage. Unfortunately, it also could be because the liver is a "non-complaining" organ. This means that there could be a lot of liver damage and hardly any symptoms. The most common symptom of HCV is fatigue. Body aches, flu-like symptoms, depression, and abdominal discomfort are also symptoms of HCV.

Providers in Neighboring States

The providers listed below work with the telehealth program at the University of Utah, Project ECHO. There are many more providers available in these states. Call for eligibility.

IDAHO

Family Health Services
St. Luke's Health System
Anastasia Milliron NP
114 Pioneer St
Jerome, ID 83338
(208) 324-3471

Digestive Health Services
Ted Rae MD
1411 Falls Ave Suite 1151
Twin Falls, ID 83301
(208) 933-4277

Benewah Medical Wellness Center
June Griffin, FNP-BC
427 N. 12th Street
Plummer, ID 83851
208-686-1931

Pocatello Family Medicine—Idaho State University
Dave Hachey, PharmD
465 Memorial Dr.
Pocatello, ID 83201
208-282-4700

Terry Reilly Clinic
Glenda Carr, PharmD
Magni Hamso, MD
223 16h Ave North
Nampa, ID 83687
208-466-7869

COLORADO

Salud Family Health Center
Colleen Harrison, MD
220 E. Rogers Rd
Longmont, CA 80501
303-772-1906

CALIFORNIA

Fairchild Medical Clinic
Judy Broeckel MD
475 Bruce Street
Yreka, CA 96097
530.842.3507

McCloud Healthcare Clinic
Jack Saunders, MD
116 W. Minnesota Ave
McCloud, CA 96057
530-964-2389

Open Door Community Health Care Center
Gail Hovorka, MD
2426 Buhne St.
Eureka, CA 95501
707-441-1624

Shasta Community Health
Mary Speigle NP
1035 Placer Street
Redding, CA 96001
(530) 246-5710

OGDEN AREA, CONT.

McKay Dee—Porter Clinic
801-387-5300
4403 Harrison Blvd, Suite A-700
Ogden, UT 84403
intermountainhealthcare.org/locations/mckay-dee-porter-family-practice/

Midtown Community Hlth Clinic
Dr. Richard Gregorie MD
(801)393-5355
2240 Adams Avenue
Ogden, UT 84401
www.midtownchc.org

CENTRAL/SOUTHERN

Gunnison Family Practice
Adam Jensen DO
(435)528-2130
95 East Center
Gunnison, UT 84643

Southwest Community Health Center- St. George
David Grygla MD
(435) 986-2565
25 N 100 E Suite 101
St. George, UT 84770

Utah Gastroenterology
(435) 673-1149
368 East Riverside Drive, Ste A
St. George, UT 84790
www.utahgastro.com

PROVO/OREM AREA

University Healthcare
Parkway Health Center
Malcolm Masteller, MD
801-234-8585
145 W. University Parkway
Orem, UT 84058
http://healthcare.utah.edu/primarycare/parkway/

Revere Health
(801) 374-1268
1055 N. 500 W., Suite B#100
Provo, UT 84651
http://reverehealth.com/departments/provo-gastroenterology-2/

Merrill Gappmayer Family Medicine Center
801- 357-7930
475 W. 940 N.
Provo, UT 84604
https://intermountainhealthcare.org/locations/merrill-gappmayer-family-medicine-center/

EASTERN UTAH

Moab Family Medicine
Dylan Cole, DO
435-259-7121
476 Williams Way, Suite A
Moab, UT 84532
www.moabfamilymedicine.com

What are the long term effects of hepatitis C?

Most people will die with HCV and not of HCV.

- About 80-85 people out of 100 who are infected with HCV will develop chronic infection: The other 15-20 people who are infected with Hep C will clear the virus on their own. This is because the immune system of some people is able to fight off the virus naturally.
- About 10 to 20 people who develop chronic infection will have serious disease progression over decades: Only about 10 to 20 out of the original 100 people exposed to Hep C will develop serious life-threatening illness from Hep C.
- Hep C usually takes up to 10, 20, 30 or 40 years or longer to make the liver become really damaged.
- About 2-3 people who develop chronic hepatitis C infection will develop liver cancer: Only 2-3 people develop liver cancer out of the original 100 people exposed to Hep C, which only happens after the liver develops lots of scarring called cirrhosis.

Is there treatment for hepatitis C?

There are treatments that may get rid of or cure HCV, so talk with you doctor or nurse about whether treatment is right for you. How well it works depends on the genotype of HCV you have, how long you have been infected, how much your liver is damaged, and other factors. Talk to your doctor and people who have tried the treatment to help make your decision. For more information on treatment, visit: http://hcvadvocate.org/treatment/

Remember……

- Many people have hepatitis C so you are not alone.
- It takes many years for hepatitis C to cause damage to the liver and to make someone sick.
- There are many things that people can do to help fight hepatitis C, and the best time to start is early – before hepatitis C has a chance to damage your liver.
- One of the most important things you can do is to stop or cut down on drinking alcohol.
- There are also medicines to get rid of hepatitis C that work in about 8 out of 10 people treated.
- Talk with your doctor about how often you should be monitored, and about the medications that can cure hepatitis C, and if they can help you.

Overview of Viral Hepatitis

Type of hepatitis	Hepatitis A	Hepatitis B
What body fluids can transmit the virus?	Fecal to oral	Blood, semen, vaginal fluids to blood
What activities can pass the virus?	Eating food prepared by an infected person who did not wash properly after going to the bathroom Eating uncooked shellfish Any contact between the mouth and an infected person's feces or anus	Unprotected sexual intercourse Sharing equipment used to inject drugs Mother to baby, usually during birth
How it can be prevented?	Vaccination Early childhood vaccination was started in 1991. People over the age of 18 who are at risk should be vaccinated	Vaccination Early childhood vaccination was started in 1991. People over the age of 18 who are at risk should be vaccinated
What happens if someone becomes infected?	Hepatitis A is a short term illness that clears on its own within 6 months No specific treatment is available except rest, drinking plenty of fluids, over the counter medications to control symptoms	About 85% of people who become infected with hepatitis B are able to clear the virus and will not have it for life. About 15% develop lifelong infection and approximately 15-40% of these people will develop liver damage (cirrhosis) or liver cancer over 10-25 years. Treatment is available to help slow the disease

SALT LAKE COUNTY, CONT.

Maliheh Free Clinic
415 E. 3900 S., SLC
(801) 266-3700

Wellness Center for Liver Health
801- 233-8233
3584 West 900 South, Suite 300
West Jordan, UT 84088

St. Mark's Family Practice
(801) 265-2000
3900 S 1250 E Suite 260, Salt Lake City, Utah 84124

NORTHERN MOUNTAIN AREA

People's Health Clinicy
John Hanrahan MD
435-333-1859
650 Round Valley Dr.
Park City, UT 84060

Coalville Health Center
Wain Allen MD
(435) 336-4403
142 South 50 East
Coalville, UT - 84017
http://coalvillehealthcenter.com/home.html

Heber Valley Internal Medicine
Wayne Graham MD
(435) 657-4400
1473 S Highway 40
Heber City, UT 84032

LOGAN AREA

Northern UT Gastroenterology
Dirk R. Davis, MD
Bryan Larsen, MD
(435) 787-0276
630 East 1400 North
Logan, UT 84341

DAVIS COUNTY AREA

Midtown Community Health Clinic – Davis County
Carrisa Monroy MD
801-393-5355
22 South State Street, Suite 1007
Clearfield, UT 84015
www.midtownchc.org

Joseph Jensen, MD
801-292-7250
425 Medical Drive, Suite 116
Bountiful, UT 84010

OGDEN AREA

Utah Digestive Health Institute
801- 475-5400
6028 South Ridgeline Drive
South Ogden, UT 84405
801-773-2268
2132 N. 1700 W. Layton, UT

Ogden Gastroenterology
801-387-2550
4403 Harrison Blvd, Ste 2855
Ogden, UT 84403
http://www.ogdengastro.com/

University of Utah Clinic 1A-
Division of Infectious Diseases
Harry Rosado, MD
(801) 585-2031
50 North Medical Drive , SLC
(Services are available only for those with HCV/HIV co-infection who receive services in Clinic 1A)
Other Language(s) Spoken: Spanish

University Healthcare
Redwood Health Center
Keisa Lynch, NP
(801) 213-9900
1525 West 2100 South
Salt Lake City, UT 84119
Accepts Uninsured or Low-income Patients, Medicaid
http://healthcare.utah.edu/primarycare/redwood/

University Healthcare
Greeenwood Health Center
Tiffany Pulgiano, DNP
801-213-8840
7495 South State St.
Midvale, UT 84047
http://healthcare.utah.edu/primarycare/greenwood/

University Healthcare
Stansbury Health Center
Michael Evans, PA-C
435-8433096
220 Millpond Rd. #100
Stansbury Park, UT 84074
http://healthcare.utah.edu/primarycare/stansbury/

Veterans Affairs Medical Center
500 Foothill Drive , SLC
(801) 582-1565 ext. 495

University Healthcare
South Jordan Health Center
Catherine Shutler, PA-C
801-213-4500
5126 W. Daybreak Parkway
South Jordan, UT 84009
http://healthcare.utah.edu/primarycare/southjordan/

University Healthcare
Sugarhouse Health Center
Bernadette Kiraly , MD
(801) 213-8845
1138 Wilmington Ave, SLC
http://healthcare.utah.edu/primarycare/sugarhouse/

Midtown Community Health Ctr.
Carissa Monroy MD
2253 S. State Street
Salt Lake City, UT 84115
801-486-0911

Mid-Valley Health Clinic
Tony Gregory, PA
801-417-0131
8446 Harrison St.
Midvale, UT 84047
www.midvalleyhealthclinic.org

Granger Medical Center-
West Valley
Deb Plasman PA
(801) 965-3736
3725 West 4100 South
West Valley City, UT 84120
http://www.grangermedical.com/location/west-valley/

Utah Gastroenterology
801-944-3199
www.utahgastro.com
Several Locations throughout SLC County

Hepatitis C
Blood to blood
Sharing equipment used to inject drugs Unprotected sexual intercourse, but this is less common Mother to baby, usually during birth Other blood to blood contact Receiving blood and blood products before 1992
Avoid sharing injection drug equipment; use a new, clean syringe every time you inject Use condoms consistently and correctly every time you have sex All pregnant mother's should be tested
About 15-20% of people who become infected with hepatitis C are able to clear the virus and will not have it for life. About 80-85% develop lifelong infection and approximately 5-20% of these people will develop liver damage (cirrhosis) or liver cancer over 10-25 years. Treatment is available with a success rates improving with new medications that become available all of the time. Some treatments even can completely clear the virus in some patients.

Hepatitis A & B Vaccines

If you have hepatitis C, it is highly recommended that you get vaccines against hepatitis A (HAV) and B (HBV).

When people with hepatitis C are co-infected with hepatitis A and B, the outcome of the infection can be very severe.

A combination HAV/HBV vaccine is also available for people who are interested, and may be available through a special federal initiative grant for little or no cost to persons with risk conditions who are uninsured.

Utah hepatitis A&B vaccination information and availability:
http://www.immunize-utah.org/

More information on vaccines and getting immunized:
http://www.cdc.gov/vaccines/
http://www.vaccines.gov/
www.cdc.gov/travel

Who should be vaccinated?

Hepatitis A

Routine vaccination is recommended for:

- All children between 12 through 23 months of age (Hepatitis A vaccine is not licensed for children younger than 1 year of age)
- Anyone 1 year of age and older traveling to or working in countries with high or intermediate prevalence of hepatitis A
- Children and adolescents 2 through 18 years of age who live in states or communities where routine vaccination has been implemented because of high disease incidence
- Men who have sex with men
- People who use illegal drugs
- People with chronic liver disease
- People who are treated with clotting factor concentrates

Medical Providers Managing and Treating HCV

Finding a new doctor or other medical professional can take a little effort. Doing some homework up front may make your first appointment go more smoothly:

- Ask if the provider is accepting new patients and if they treat HCV.
- What is the typical wait time for an appointment?
- Is your insurance accepted? If so, be certain you understand any co-pays, deductibles, or other out-of-pocket costs.
- Does the office bill your insurance or will you need to pay the fee directly and manage the insurance reimbursement yourself?
- What are the fees? Does the provider charge for time spent talking to you on the phone?

The providers listed below have experience in treating HCV. if you need more assistance finding a provider that works for you, or if you want to see if your current provider can treat HCV, please call: **Project ECHO– 1-855-297-4528**

SALT LAKE CITY/COUNTY AREA

University of Utah Gastroenterology Division
(801)1-585-0000 Toll free: 866-550-1333
Email: livercenter@hsc.utah.edu
30 North 1900 East 4R118 Salt Lake City, Utah 84132
http://healthcare.utah.edu/gi/

University of Utah Clinics
Christopher C. Tietze, MD
(801) 581-3761
50 North Medical Drive
Salt Lake City, UT 84132
Specializes in VA and Prison patients

University of Utah Liver Clinic
Terry Box
(801) 581-2634
50 North Medical Drive
Salt Lake City, UT 84132

Medical Care for Hepatitis C

Why do I need to go to a doctor?

Your doctor will evaluate your overall health and monitor you to determine if, and when you may need treatment. There are several different tests your doctor may order:

- Liver function tests, also called a liver panel, to tell how well your liver is working. One of the most common tests is called ALT, the ALT levels are often, but not always, higher in people with hepatitis
- An ultrasound exam to create a visual image of your liver
- A liver biopsy, which is removal of a tiny bit of your liver, to allow your doctor to look directly at the health of the liver
- A genotype test which determines the type of Hepatitis C virus you have
- A viral load test which determines how much virus you have in your body

Questions to ask your healthcare provider

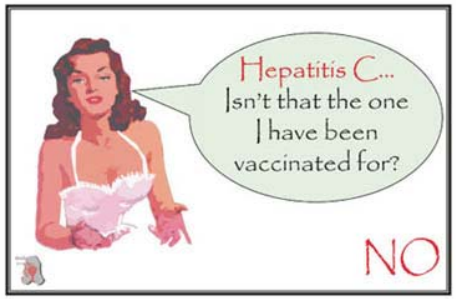
Having a list of questions to ask a healthcare provider during an appointment can be a helpful tool to remember the important questions to ask.

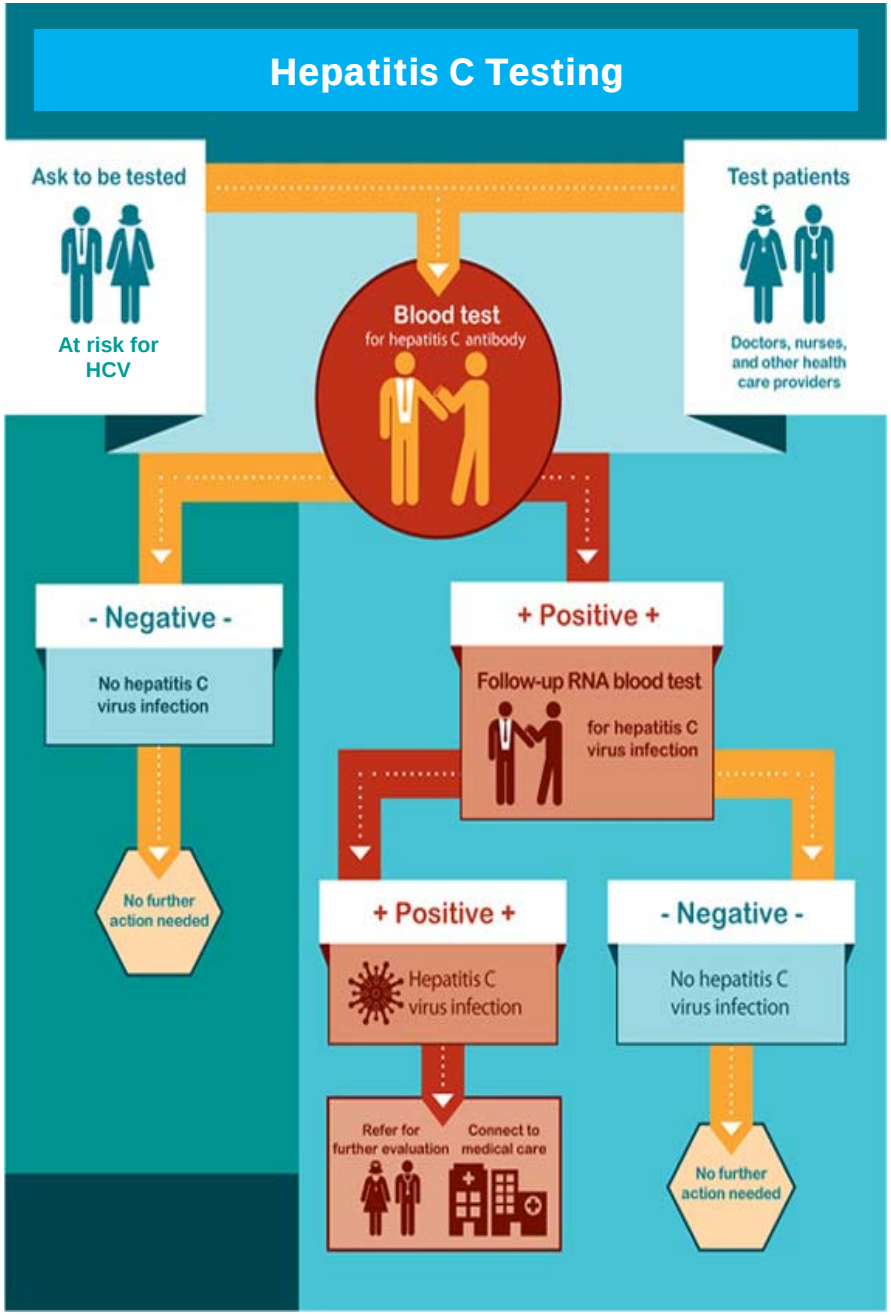
- Do I have acute or chronic hepatitis C?
- What is my current virus level? What does that mean?
- What is my genotype? What does my genotype mean?
- Do I have liver damage? If so, how much is there?
- Do you recommend treatment? What treatment do you recommend? What do I need to know about my treatment?
- Do I need to start treatment for hepatitis C now?
- How will this treatment interact with my other medications?
- How will you assess whether the treatment is working for me?
- What should I do if I have side effects? How can I manage the side effects?
- What are symptoms to pay attention to and look out for?
- Do I need to be vaccinated for hepatitis A and hepatitis B?
- How likely is it that I will develop cirrhosis or liver cancer?
- If I do not start treatment now, how often should my liver be monitored for liver damage?
- What medications or other substances should I avoid?
- Does my family need to be tested for hepatitis C? Should they be vaccinated for hepatitis A and hepatitis B?
- How often should I see a liver specialist? Gastroenterologist?

- People who work with HAV-infected primates or who work with HAV in research laboratories
- Members of households planning to adopt a child, or care for a newly arriving adopted child, from a country where hepatitis A is common

Hepatitis B

- Babies normally get 3 doses of hepatitis B vaccine
- Anyone through 18 years of age who didn't get the vaccine when they were younger should also be vaccinated
- All **unvaccinated adults** at risk for hepatitis B infection should be vaccinated. This includes:
    - sex partners of people infected with hepatitis B
    - men who have sex with men
    - people who inject street drugs
    - people with more than one sex partner
    - people with chronic liver or kidney disease
    - people under 60 years of age with diabetes
    - people with jobs that expose them to human blood or other body fluids
    - household contacts of people infected with hepatitis B
    - residents and staff in institutions for the developmentally disabled
    - kidney dialysis patients
    - people who travel to countries where hepatitis B is common
    - people with HIV and/or HCV infection
    - Pregnant women





Veterans Affairs

V.A. Salt Lake Health Care System
(801) 582-1565 Toll Free:1-800-613-4012
500 Foothill Drive
Salt Lake City, UT 84148
http://www.saltlakecity.va.gov/

Western Salt Lake CBOC
(801) 417-5734
2750 South 5600 West
West Valley City, Utah 84120

Price CBOC
(435) 613-0342
189 S. 600 W., Suite B
Price, Utah 84501

Ogden CBOC
(801) 479-4105
982 Chambers Street
South Ogden, Utah 84403

Provo Vet Center
(801) 377-1117
1807 North 1120 West
Provo, Utah 84604

Roosevelt CBOC
(435) 725-1050
245 West 200 North
Roosevelt, Utah 84066

St. George CBOC
(435) 634-7608
230 N. 1680 E., Bldg N
St. George, Utah 84790

Orem CBOC
(801) 235-0953
1443 West 800 North, Ste 302
Orem, Utah 84057

My healthevet
My Health, My Care: 24/7 Online Access to VA

Veterans Crisis Line
1-800-273-8255 PRESS 1

Medicaid Information & Providers

Medicaid is a program for people who have low income and cannot afford health care. You must be a citizen or a legal resident of the United States and your qualification is determined depending on your disability, income and resources.

Utah Department of Health
(801) 538-6155 Toll Free: 1-800-662-9651
Division of Health Care Financing
P.O. Box 143106
Salt Lake City, UT 84114-3106
http://health.utah.gov/medicaid/

Applying for medical benefits:

http://www.health.utah.gov/bep/

https://jobs.utah.gov/customereducation/services/medicaid/index.html

DWS Assistance:
http://www.jobs.utah.gov/assistance/index.html

For new and open medical, food stamps, financial and childcare cases, call:
Salt Lake Area: 801-526-0950

Outside Salt Lake Area:
866-435-7414

all Center Hours of Operation:
8:00 AM - 5:00 PM

Providers Offering HCV Services that accept Medicaid

J. David Bane, MD
Granger Medical Clinic
(801) 965-3501
3725 West 4100 South
West Valley City, UT 84120

Lynn Q. Beard, MD
Medical Arts Center
(435) 723-5248
984 South 500 West
Brigham City, UT 84302

Kenneth Buchi, MD and Eric E. Heaton, PAC
(801) 233-8233
3584 West 900 South, Suite 300
West Jordan, UT 84088

Central Utah Clinic
(801) 374-1268
1055 North 500 West, Provo, UT 84604

Northern Utah Gastroenterology
Bryan Larsen, MD (435) 787-0270
Dirk R. Davis, MD (435) 787-0276
630 East 1400 North, Suite 100 A
Logan, UT 84341

Utah Digestive Health Institute
(801) 475-5400
6028 South Ridgeline Drive
South Ogden, UT 84405

Testing for Hepatitis C

Why is it important to get tested for Hepatitis C?

- Millions of Americans have Hepatitis C, but most don't know it.
- About 8 in 10 people who get infected with Hepatitis C develop a chronic, or lifelong infection.
- People with Hepatitis C often have no symptoms.
- Many people can live with an infection for decades without feeling sick.
- Hepatitis C is a leading cause of liver cancer and the leading cause of liver transplants.
- New treatments are available for Hepatitis C that can get rid of the virus.

Who should get tested for Hepatitis C?

- Anyone who has injected drugs, even just once or many years ago
- Anyone who has ever shared any injection equipment (needles, syringes, cooker, cotton, water, etc) for any reason
- Anyone who has ever received a tattoo or piercing with shared equipment (needles, ink, etc) or while incarcerated or in other non-professional settings
- Anyone who has/had a sexual partner who has injected drugs or shared injection equipment
- Anyone who has/had sexual partner who has HCV
- Anyone with chronic liver disease or has HIV/AIDS
- A man who has/had sex with other men

Other people who may want to get tested:

- A person who has shared personal care equipment (razors, toothbrushes) with, or had needle-stick from someone who has HCV
- Has/had anonymous sexual partners/multiple sexual partners/ other high risk sexual activity
- Received a blood transfusion or organ transplant before 1992, or received clotting factor before 1987
- Patients with signs or symptoms of liver disease (e.g., abnormal liver enzyme tests)
- People born to a mother who has Hepatitis C

Getting tested for Hepatitis C

- A blood test, called a Hepatitis C Antibody Test, is used to find out if someone has ever been infected with Hepatitis C.
- The Hepatitis C Antibody Test, sometimes called the Anti-HCV Test, looks for antibodies to the Hepatitis C virus. Antibodies are chemicals released into the bloodstream when someone gets infected.
- Test results can take anywhere from a few days to a few weeks to come back. New rapid tests are now available in some settings and the results of these tests are available in 20 to 30 minutes.
- Most people who get infected with the Hepatitis C virus develop a chronic, or lifelong, infection. This is known as chronic Hepatitis C.
- However, some people are able to get rid of, or "clear," the virus.

Non-Reactive or Negative Hepatitis C Antibody Test

- A non-reactive or negative antibody test means that you are not currently infected with the Hepatitis C virus.
- However, if you think you might have been exposed to Hepatitis C in the last 6 months, you will need to be tested again.

Reactive or Positive Hepatitis C Antibody Test

- A reactive or positive antibody test means you have been infected with the Hepatitis C virus at some point in time.
- Once people have been infected, they will always have antibodies in their blood. This is true if they have cleared the virus or still have the virus in their blood.
- A reactive antibody test does not necessarily mean that you currently have Hepatitis C and a follow-up test is needed.

Diagnosing Hepatitis C

- If the antibody test is reactive, you need an additional test to see if you currently have Hepatitis C. This test is called a RNA test. Another name used for this test is a PCR test.
- If the RNA or follow-up test is:
  - Negative - this means you were infected with Hepatitis C, but the virus has now been cleared from your body.
  - Positive - this means you currently have the virus in your blood.
- If you have a reactive antibody test and a positive follow-up test, you will need to talk to a doctor experienced in diagnosing and treating Hepatitis C.

Those who qualify will gain access to preventive health insurance coverage:

- Age 19 through 64
- U.S. citizen or legal resident
- Uninsured; not covered by any health insurance
- Not qualified for Medicaid
- Not have access to student health insurance, Medicare or Veterans' Benefits

Providers Offering HCV Services That Accept PCN

John Lowe, MD
Utah Digestive Health Institute (801) 479-9400
6028 South Ridgeline Drive
South Ogden, UT 84405

Nate McBride, PA-C
Utah Digestive Health Institute (801) 475-5400
6028 South Ridgeline Drive, Suite 201
South Ogden, UT 84405

Veterans Affairs Medical Center
500 Foothill Drive (801) 582-1565 Ext. 495
Salt Lake City, UT 84148

Christopher C. Tietze, MD
University of Utah Clinics (801) 581-3761
50 North Medical Drive
Salt Lake City, UT 84132

Health Access Team - Ogden
2240 Adams Ave (801) 393-5355
Ogden, UT 84404 Fax: (801) 394-4609
www.healthaccessteam.org/intro.php
The Health Access Team works with the underserved community of Ogden to improve their health status through education and equitable access to health care resources.

Health Access Project

(801) 412-3980
http://healthaccessproject.org/

Under the umbrella of Community Health Centers, Inc., Health Access Project has been selected to assist individuals and families enroll into the insurance marketplace via the Affordable Care Act. Our trained Certified Application Counselors (CAC) are ready to help you and your family understand your new options for affordable health care coverage today. For an appointment, please call 801-955-2388 or 801-412-3980. All Certified Application Counselors are federally approved and trained by the Department of Health and Human Services. Enrollment assistance services are free of charge.

Note: Once someone has PCN they will not qualify for The Health Access Project. The Health Access Project should be contacted first. The Health Access Project will register PCN for primary care and specialty care.

Primary Care Network

Primary Care Network
Toll Free: 1-888-222-2542
PO Box 144102
Salt Lake City, Utah 84114-4102
pcn@utah.gov
http://health.utah.gov/pcn

The Primary Care Network (PCN) is a health plan offered by the Utah Department of Health. It covers services administered by a primary care provider.
Applications are only accepted during open enrollment periods, which are held when resources are available to cover more people.
Primary care services available through PCN include primary care provider visits, some emergency room visits, emergency medical transportation, lab services, x-rays, up to four prescriptions per month, dental exams, dental x-rays, cleanings, and fillings, one eye exam per year, and family planning methods.

HCV Testing Providers

Other Local Health Departments (pg. 20) , Community Health Clinics (pg.22) and other providers may also provide HCV antibody and confirmatory tests, call for fees, times and appointments.

Utah AIDS Foundation
(801) 487-2323 www.utahaids.org
1408 South 1100 East SLC 84106
HCV antibody testing
Mondays and Thursdays: 5:00 p.m.-7:00 p.m.

Salt Lake County Health Department
(385) 468-4242 www.slcohealth.org
STD Clinic, Rm 135 610 South 200 East SLC 84111
HCV antibody testing and confirmatory HCV RNA testing
(HIV, Chlamydia, Gonorrhea and Syphilis testing)
Appointments strongly recommended

Health Clinics of Utah
http://health.utah.gov/clinics/healthclinicsofutah.html
2540 Washington Blvd, Suite 122
Ogden, UT 84401
801-626-3670

168 North 1950 West
Salt Lake City, UT 84116
801-715-3500

Utah County Health Department
(801) 851-7057 www.utahcountyonline.org/
151 South University Ave. Provo 84601
HCV antibody testing and confirmatory HCV RNA testing
Appointments strongly recommended

Fourth Street Clinic - Wasatch Homeless Health Care
(801) 364-0058 www.fourthstreetclinic.org
404 South 400 West SLC 84101
HCV antibody and confirmatory testing

Moab Free Health Clinic
(435) 259-1113 www.moabfreehealthclinic.org
350 South 400 East, Moab

Local Health Departments

1-888-EPI-UTAH (1-888-374-8824)
http://www.ualhd.org/

LOCAL HEALTH DEPARTMENTS MAY OFFER RAPID AND CONVENTIONAL HEPATITIS C ANTIBODY TESTING AND/OR CONFIRMATORY TESTING.
Contact your nearest local health department to see what services they offer, to make an appointment, check fee schedules and other information.

Bear River Health Department
655 East 1300 North
Logan, Utah 84341
Box Elder, Cache, Rich Counties
(435) 792-6500 (435) 716-8771 or 1-877-229-8825
http://www.brhd.org/

Central Utah Public Health Department
70 Westview Drive
Richfield, Utah 84701
Juab, Millard, Piute, Sanpete, Sevier, Wayne Counties
(435) 896-5451

Davis County Health Department
22 South State Street
Clearfield, Utah
801-525-5200
http://www.daviscountyutah.gov/health/default.cfm

Salt Lake County Health Department
(385) 468-4242
STD Clinic, Rm 135 610 South 200 East SLC 84111
http://www.slcohealth.org/

Southeastern Utah District Health Department
28 South First East, P.O. Box 800
Price, Utah 84501
Carbon, Emery, Grand, San Juan Counties
(435) 637-3671 (435) 650-3550
http://www.southeastuthealth.org/

Health Insurance Marketplace

The Health Insurance Marketplace helps uninsured people find health coverage.

Questions?
Call 24 hours a day, 7 days a week:
1-800-318-2596 (TTY: 1-855-889-4325)

To be eligible for health coverage through the Marketplace, you:

- must live in the United States
- must be a U.S. citizen or national (or be lawfully present)
- can't be currently incarcerated

You're considered covered if you have:

- Medicare, Medicaid, CHIP,
- Any job-based plan, any plan you bought yourself,
- COBRA, retiree coverage, TRICARE
- VA health coverage,

Fill out the Marketplace application to find out if you qualify for:

- **Private health insurance.** Plans cover essential health benefits, pre-existing conditions, and preventive care.
- **Lower costs based on your household size and income.** You can preview plans available in your area, with prices based on your income and household size, right now.
- **Medicaid and the Children's Health Insurance Program (CHIP).** These programs cover millions of families with limited income. If it looks like you qualify, we'll share information with your state agency and they'll contact you. Many but not all states are expanding Medicaid in 2014 to cover more people.

Clinical Trials

University of Utah Medical Center
Sade Gabler, Research Participant Advocate
801-581-3803
http://healthcare.utah.edu/clinicaltrials/

Jean Brown Research
801-261-2000
1255 East 3900 South #301, Salt Lake City, UT 84124
www.jeanbrownresearch.com

PRA Health Services
801-269-8200 1-888-927-9898
3838 S 700 E #202, Salt Lake City, UT 84106
www.crilifetree.com/clinicaltrials/hepatitis
5450 S Green Street, Suite B, Murray, UT 84123.

http://hcvadvocate.org/treatment/clinical-trials/

https://www.clinicaltrials.gov/

Southwest Utah Public Health Department
168 North 100 East
St George, Utah 84770
Beaver, Garfield, Iron, Kane, Washington counties
(435) 673-3528 (435) 674-5404
http://www.swuhealth.org/

Summit County Public Health Department
85 North 50 East, PO Box 128
Coalville, Utah 84017
(435) 336-3222
http://www.summitcountyhealth.org/

Tooele County Health Department
151 North Main Street
Tooele, Utah 84074
(435) 277-2310 (435) 843-2310
http://tooelehealth.org/

TriCounty Health Department
147 East Main Street
Vernal, Utah 84078
Daggett, Duchesne, Uintah Counties
(435) 781-5475 (435) 789-4222
http://www.tricountyhealth.com/

Utah County Health Department
(801) 851-7024
151 South University Ave. Provo 84601
http://www.utahcountyonline.org/Dept2/Health/index.asp

Wasatch County Health Department
55 South 500 East, PO Box 246
Heber City, Utah 84032
Wasatch (435) 654-2700 (435) 671-0908 or 1-800-654-1411
http://www.wasatchcountyhd.org/Home.aspx

Weber-Morgan Health Department
2570 Grant Avenue
Ogden, Utah 84401
Morgan, Weber (801) 399-7252

Community Health Centers

Community Health Centers (CHCs) are non-profit private or public organizations that serve designated populations in rural and urban areas where barriers to health care exist.

Just like other health care organizations, CHCs rely on patient revenue to operate, but also receive federal, state, and private funding in order to offset the costs of serving uninsured, low-income, and homeless populations.

Anyone can receive care at a CHC regardless of income, ability to pay, or insurance status through a sliding-fee scale.

Association for Utah Community Health
860 East 4500 South • Suite 206
Salt Lake City, UT 84107
(801) 974-5522
http://www.auch.org/

Community Health Centers, Inc.
220 W. 7200 S. Suite A
Midvale, UT 84047
(801) 412-6920
http://www.chc-ut.org/

Drug Company Resources

Please note that the requirements for program eligibility vary. Some programs may be applied for directly by the patient, whereas other program applications must be initiated by the healthcare provider (physician, pharmacist or agency).

AbbVie Patient Assistance Foundation
1-800-222-6885
www.abbviepaf.org

Bristol-Myers Squibb Patient Assistance Foundation
1-844-44-CONNECT
https://bmsdm.secure.force.com/patientsupportconnect/patient

Gilead - Support Path
1(855)769-7284
http://www.mysupportpath.com/

Genentech Patient Assistance Program
1-(888)202-9939
www.genentech-access.com

Vertex Patient Assistance Program
1-855-837-8394
www.vertexgps.com

Three Rivers Pharmaceuticals RibaCare®
1-866-650-RIBA
www.3riverspharma.com/pat_riba.html

Kadmon Pharmaceuticals Assistance Program
1-888-668-3393
www.pparx.org/

Jansen Prescription Assistance
www.janssenprescriptionassistance.com/

Patient Assistance Programs (Medication Assistance)

Pharmaceutical companies have a long-standing tradition of providing prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines. Pharmaceutical companies operate these programs, commonly referred to as patient assistance programs, voluntarily.

Many drug manufacturers offer patient assistance programs, which can greatly decrease or entirely eliminate the costs of many medications.

Rx Connect Utah
1-888-477-2669
http://health.utah.gov/rxconnectutah/
RxConnectUtah links Utah citizens with resources to get the prescriptions you need. You must qualify for services.

RxAssist Directory of Patient Assistance Programs
www.rxassist.org info@rxassist.org
RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need.

Partnership for Prescription Assistance
1-888-4PPA-NOW / 1-888-477-2669
www.pparx.org
The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free.

Community Health Center Locations

North Logan, Garden City, Hyrum, UT and Evanston, WY

Bear Lake Community Health Center, Inc.
(435) 946-3660
http://www.blchc.org/

Brigham City

Clinica de Buena Salud
(435) 723-8276
14 North 100 East #200, Brigham City, UT 84302
http://www.chc-ut.org/

Salt Lake City/County

Community Health Centers of Utah
http://www.chc-ut.org/

Health Clinics of Utah
http://health.utah.gov/clinics/healthclinicsofutah.html
168 North 1950 West
Salt Lake City, UT 84116
801-715-3500

Central City Community Health Center
(801) 539-8634
461 South 400 East

Stephen D Ratcliff Community Health Center
(801) 328-5750
1365 West 1000 North

72nd Street Clinic
(801) 566-5494
220 West 7200 South, Suite A

Oquirrh View Community Health Center
(801) 964-6214
4745 South 3200 West

Community Health Centers, continued

Salt Lake City/County, continued

Midtown South Salt Lake
2253 S State Street
Salt Lake City, UT 84115
http://www.midtownchc.org/

Salt Lake County
Utah Partners for Health
Mid-Valley Health Clinic
385-212-4802
8446 South Harrison Street, Midvale, UT 84047
http://www.upfh.org/

Wasatch Homeless Health Care, Inc.
Fourth Street Clinic
(801) 364-0058
404 South 400 West
http://www.fourthstreetclinic.org/

Ogden/Clearfield

Midtown Community Health Center
http://www.midtownchc.org/
Dr Richard Gregorie
(801)393-5355
2240 Adams Avenue
Ogden, Utah 84401

Davis County Medical and Dental Clinics
801-393-5355
22 South State Street, Suite 1007
Clearfield, Utah 84015

Health Clinics of Utah
http://health.utah.gov/clinics/healthclinicsofutah.html
2540 Washington Blvd, Suite 122
Ogden, UT 84401
801-626-3670

Provo/Payson

Mountainlands Community Health Center
(801)429-2000 http://mountainlands.org/
589 South State St., Provo, UT

East Carbon, Helper, UT

Carbon Medical Service Association, Inc.
(435) 888-4411 http://www.carbonmedical.org/
305 Center Street, East Carbon, UT 84520

Enterprise

Enterprise Valley Medical Clinic
(435) 878-2281 http://evmc.org/
223 South 200 East, Enterprise, UT 84725

Green River

Green River Medical Center
(435) 564-3434 http://grmedical.org/
585 West Main Street, Green River, UT 84525

Biknell/Hanksville

Wayne Community Health Centers, Inc.
(435) 425-3744 http://www.waynechc.org/
128 South 300 West, Bicknell, UT 84715

St. George/Cedar City Areas

Family Health Care http://www.familyhc.org/
St. George Area (435) 986-2565
Cedar City Area (435) 865-1387

Paiute Indian Tribe of Utah

http://www.utahpaiutes.org/
Koosharem Community Health Center
826 N 100 E Richfield, UT 84701
Kanosh Community Health Center
157 North Reservation Drive Kanosh, UT 84637

Utah Navajo Health Systems, Inc.

(435) 651-3291 www.unhsinc.org
Montezuma Creek Community Health Center - Montezuma Creek, Utah 84534 / Blanding Family Practice - 802 South 200 West, Suite B, Blanding, Utah 84511 / Monument Valley Community Health Center - Monument Valley, Utah 84536 / Navajo Mountain Community Health Clinic - #2 Rainbow Drive, Navajo Mountain, Utah 86044