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-on-one with a real person, typically someone whose had hepatitis C touch their own life. 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.org

Please forward any updates and questions about this guide to:
Ethan Farnsworth
efarnsworth@utah.gov
801-538-6158

http://health.utah.gov/epi/
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: http://health.utah.gov/epi/prevention/

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Internet Resources

Centers for Disease Control and Prevention, Hepatitis Branch
https://www.cdc.gov/hepatitis/hcv/cfaq.htm

www.cdc.gov/KnowMoreHepatitis

American Liver Foundation
www.liverfoundation.org

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

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

Hepatitis C Caring Ambassadors Program
www.hepcchallenge.org

HIV and Hepatitis
www.hivandhepatitis.com

National Institutes of Health
https://www.niddk.nih.gov/health-information/liver-disease

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

The Combo Survival Guide—Information about Treatment
http://www.hepysurvivalguide.org/comboguide.htm

University of California Clinical Consultation Center—Hepatitis C Management
http://nccc.ucsf.edu/clinician-consultation/hepatitis-c-management/

Patient Access Network Foundation
http://www.panfoundation.org
Utah Hepatitis C Resource Guide

People’s Health Clinic
John Hanrahan, MD
(treatment only)
650 Round Valley Dr.
(435) 333-1500

Utah County
Provo/Orem
Intermountain Healthcare:
Merill Gappmayer Family Medicine Center
(testing only)
475 W. 940 N.
(801) 357-7930

Health Clinics of Utah
150 E Center Street Suite 1100
(801) 374-7011

Mountainlands Medical Clinic
Karmin Bell, Clarissa Peterson
589 South State Street
(801) 429-2000

Revere Health:
Provo Gastroenterology
1055 N. 500 W.
(801) 374-1268

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

Weber County
Ogden
McKay Dee-Porter Family Health
4401 Harrison Blvd.
(801) 387-5300
Health Clinics of Utah
2540 Washington Blvd #122
(801) 395-6499

Midtown Community Health Center
Richard Gregoire, MD
2240 Adams Ave.
(801) 393-5355
http://www.midtownchc.org

Ogden Gastroenterology
Chad Gonzales MD
4403 Harrison Blvd., Ste. 2855
(801) 387-2550
http://www.ogdengastro.com/

Utah Digestive Health Institute
6028 South Ridgeline Drive
(801) 475-5400

Washington County
St. George
Family Healthcare
Dr. Trevor Page, DO
Dr. Mahana Fisher, MD
25 N. 100 E. Ste. 102
(435) 986-2565

Utah Gastroenterology
(treatment only)
368 E. Riverside Dr. Ste. A
(435) 673-1149
http://www.utahgastro.com/

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Introduction

Viral hepatitis is a major public health problem in Utah. Nationwide, 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 (HCV). It is estimated that up to 75% of people infected with HCV do not know it. There is no vaccine for HCV but it can be cured through treatment with a provider.

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 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
- where to get vaccinated for hepatitis A and B

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 Prevention Treatment and Care program:

Ethan Farnsworth
(801) 538-6158
efarnsworth@utah.gov

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

University of Utah Hospital
Liver Clinic
(treatment only)
50 N Medical Dr.
(801) 585-2078
http://healthcare.utah.edu/

University of Utah Clinic 1A–Division of Infectious Diseases
Harry Rosado-Santos, MD
(801) 585-2031
50 N Medical Dr.
Speaks Spanish
https://healthcare.utah.edu/infectiousdiseases/

University Healthcare:
Greenwood Health Center
Tiffany Pulgiano, DNP
7495 S. State St.
(801) 213-8840
http://healthcare.utah.edu/primarycare/greenwood/

University Healthcare: Redwood Health Center, Gastroenterology
Nathan McBride, NP, Jenny Hatch, NP, Keisa Lynch
(HBV and HCV, treatment only)
1525 W. 2100 S.
(801) 213-9797

University Healthcare: Stansbury Health Center
Michael Evans, PA-C
220 Millpond Rd. #100
(435) 843-3096
http://healthcare.utah.edu/primarycare/stansbury/

Fourth Street Clinic
(Services for homeless individuals only. Must attend a group session to qualify for treatment)
409 W. 400 S.
(801) 364-0058

West Valley City
Granger Clinic
3725 W. 4100 S.
(801) 965-3600
(treatment only)
http://www.grangermedical.com/

Sanpete County
Gunnison Family Medicine
Adam Jensen, DO
65 E. 100 N.
Gunnison, UT 84643
(435) 528-2130

Summit County
Coalville
Coalville Health Center
Wain Allen, MD
142 S. 50 E. Ste. 102
(435) 640-2524
http://coalvillehealthcenter.com/home.html

Heber City/Park City
Intermountain Healthcare:
Heber Valley Internal Medicine
Dr. Bokor, MD
(treatment only)
1473 S. Highway 40 (Suite E)
(435) 657-2500
Medical Providers Managing and Treating HCV  Not intended to be a comprehensive list

Carbon County

Helper
Helper Clinic
Dylan Taylor, Marvin Morrison, Haven Halk
125 South Main Street
(435) 472-7000

Price
Gagon Family Medicine
Shane Gagon, Jeanne Hunt
377 North Fairgrounds Road
(435) 613-2200

Emery County

Castledale
Emery Medical Center
Lowell Morris, Ingrid Olson, Da- len Johnson
90 West Main Street
(435) 381-2305

Davis County

Clearfield
Midtown Davis Community Health Center
Carissa Monroy, MD
22 S. State St., Ste. 1007
(801) 393-5355
www.middownchc.org

Layton
Utah Digestive Health Institute
2132 N. 1700 W.
(801) 773-2268
http://www.udhi.org/

Grand County

Moab
Moab Family Medicine
Nicole Priest, MD, Dylan Cole, MD
476 Williams Way, Suite A
(435) 259-7121
http://www.moabfamilymedicine.com/

Salt Lake County

Midvale
Mid-valley Community Health
Lyle Greenwood, MD, Nadia Xi- bille, PA-C
8446 S. Harrison St.
(801) 417-0131

Salt Lake City
Health Clinics of Utah
Marc E. Babitz, MD
168 N 1950 W
(801) 715-3500

St. Mark’s Family Medicine
3900 S. 1250 E. Ste. 260
https://secure.utahhealthcare.org/

Sugarhouse Family Health Clinic
Erika Sullivan, MD
1138 Wilmington Avenue
(801) 581-2000
http://healthcare.utah.edu/
primarycare/sugarhouse/

How to use this guide

This guide is organized to help you find the services that you need.

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.

Step One: Locate a Provider
After you have tested positive for HCV antibodies (anti-HCV) find an appropriate provider who can give you a confirmatory test. This test is what confirms whether you do or do not currently have HCV in your blood. Your provider can also link you to treatment and care.

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

Project ECHO—A program that can link you to HCV treatment in Utah and some neighboring states. They can also assist your current provider with treatment and care.
801-585-2252 project.echo@hsc.utah.edu

Appropriate providers may include the following:

• Your Local Health Department—Offer testing. More information on finding your local health department in this booklet.

• Primary Care Physicians—Most offer HCV testing and treatment.

• Community Health Centers—More information in this booklet.

• Primary Care Network (PCN)—A health plan offered by the Utah Department of Health that provides health care coverage for single adults ages 19-64 who qualify. If eligible, this booklet has information about providers that accept PCN covered individuals.

• 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 and Medicaid accepting providers is listed in this booklet.

• Veterans Services—Locations and contact information is provided in this booklet.
Step Two: Find Support
One of the most important things you can do is 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 including services for financial support.

- **Mental Health Services**— Programs can include counseling and peer support groups.
- **Substance Abuse Services**— This can include treatment, counseling, and other services.
- **Patient Assistance Programs**— Programs that provide some financial assistance for medication, depending on eligibility.
- **Medicaid**
- **Veterans Services**

Step Three: 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.

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 lots of water
- Get enough rest and moderate exercise
- Get Immunized/Vaccinated and tested for HAV and HBV (the viruses that cause hepatitis A and B)
- See your Primary Care Physician for regular check-ups and visits to stay healthy and monitor your liver.

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/

Ogden CBOC
(801) 479-4105

Orem CBOC
(801) 235-0953

Price CBOC
(435) 613-0342

Provo Vet Center
(801) 377-1117

Roosevelt CBOC
(435) 725-1050

St. George CBOC
(435) 634-7608

Western Salt Lake CBOC
(801) 417-5734

CBOC = Community Based Outpatient Clinic

For more information on hepatitis C testing and treatment, please visit this website:

Health Insurance

Get free help with signing up for health insurance:

[www.takecareutah.org](http://www.takecareutah.org)

Click on “Find Local Help” and enter your ZIP code to find a navigator to assist you with your insurance needs.

Or call 2-1-1 for free help.

Medication Assistance

If you currently have Medicaid or Medicare and cannot afford treatment prescriptions, call the pharmaceutical company to refer you to a patient advocacy organization and co-pay assistance programs:

*Note specific prescription

ABBIE INC.
(877) 628-9738 for Mavyret
(844) 277-6233 for Viekira
(844) 663-3742 for Moderiba

BRISTOL-MYERS SQUIBB (BMS)
(844) 442-6663 for Daklinza

GENETECH/ROCHE
(888) 941-3331 for Pegasys and Copegus

GILEAD
(855) 769-7284 for Epclusa, Harvoni, Sovaldi, and Vosevi

MERCK
(866) 251-6013 for Zepatier

Preventing transmission to others

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 syringe needles or other injection equipment.
- Use recommended safety measures if you are exposed to blood or needle sticks
- Practice safe sex—Multiple sex partners, rough sex, or sex with HIV+ individuals or individuals with a sexually transmitted disease increases the risk of contact with HCV infected blood
- Use clean needles, ink, and other equipment for tattoos or body piercings
- 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 to my baby?

Yes, it is possible to transmit HCV to your baby during pregnancy or childbirth. The risk of transmission is believed to be low. About 1 of every 25 infants born to mothers with HCV become infected with HCV. Your baby can have either a vaginal delivery or a C-section. C-sections and other types of delivery have not been found to prevent HCV transmission.

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.

Hugging and kissing your baby is perfectly safe, as HCV is not transmitted through saliva, coughing, or sneezing.

Mothers who have HCV and HIV are at greater risk of transmitting HCV to their babies. Talk to your doctor to determine the best time to test your baby for HCV.
Health 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 determine 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 to create a visual image of your liver.
- A liver biopsy 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 health care provider
Having a list of questions to ask a health care 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?
- 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?
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 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.

CHCs are located across the state. For more information, please call or visit the websites below:

Association for Utah Community Health
860 E. 4500 S., Ste. 206
Salt Lake City, UT 84107
(801) 974-5522
http://www.auch.org/

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

Health Care for Hepatitis C (continued)

- How often should I see a liver specialist Gastroenterologist?

Finding a new doctor or other medical professional can take a little effort.

- 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?

A comprehensive list of testing facilities for STDs, HIV, and HCV is located on the Utah Department of Health website.

http://health.utah.gov/epi/testing/

Hepatitis A & B Vaccine

If you have hepatitis C, it is highly recommended that you get vaccines to protect 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 available for people who are interested, and may be available through a special federal initiative grant for little or no cost to people with risk factors 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
Hepatitis C Testing

- Negative -

No hepatitis C virus infection

+ Positive +

Follow-up RNA blood test for hepatitis C virus infection

- Negative -

No hepatitis C virus infection

+ Positive +

Hepatitis C virus infection

- At risk for HCV

- Test patients

Blood test for hepatitis C antibody

- Ask to be tested

Doctors, nurses, and other health care providers

Utah Hepatitis C Resource Guide

Davis County Health Department
Clearfield (801) 393-5355

San Juan Public Health Department
Blanding (435) 678-2723

Salt Lake County Health Department
Salt Lake City (385) 468-4242

Southeast Utah Health Department
Price (435) 637-3671
Moab (435) 259-5602

Summit County Health Department
Park City (435) 333-1500
Coalville
Kamas

Tooele County Health Department
Tooele (435) 277-2300
Wendover (435) 665-7004

TriCounty Health Department
Vernal (435) 247-1177
Roosevelt (435) 722-6300

Utah County Health Department
Provo (801) 851-7057

Wasatch County Health Department
Heber City (435) 657-3307

Weber-Morgan Health Department
Ogden (801) 399-7100
Local Health Departments

To find your local health department call: 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**
- Logan: (435) 792-6467
- Brigham City: (435) 734-0845
- Tremonton: (435) 257-3318

**Central Utah Public Health Department**
- Richfield: (435) 896-5451
- Delta: (435) 864-3612
- Fillmore: (435) 743-5723
- Manti: (435) 835-2231
- Mt. Pleasant: (435) 462-2449
- Nephi: (435) 623-0696
- Piute: (435) 577-2521
- Wayne: (435) 836-1317

**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 a sexual partner who has HCV
- Anyone with chronic liver disease or who 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 a 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 whether 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 an 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.

STD/HIV/HCV Testing Providers

Local health departments, community health clinics, and other providers may also provide HCV antibody and confirmatory tests.

A comprehensive list of testing facilities for STDs, HIV, and HCV is located on the Utah Department of Health website.


Providers include:

**Centro Hispano**
- Provo 801-655-0258
- SLC 801-655-0258
- St. George 435-213-6422
- Ogden 435-213-9921
- Logan 435-213-9921

**Health Clinics of Utah**
- SLC 801-715-3500
- Provo 801-374-7011
- Ogden 801-487-2323

**Malihle Free Clinic**
- SLC 801-266-3700

**Moab Free Clinic**
- Moab 435-259-1113

**Northern Utah Coalition**
- Ogden 801-393-4153

**Odyssey House—Martindale Clinic**
- SLC 801-428-3500

**One Voice Recovery**
- SLC 573-305-6451

**Planned Parenthood**
- SLC 801-322-5571

**Utah AIDS Foundation**
- SLC 801-487-2323
- Ogden 801-393-4153
- 817 S Freedom Blvd.
- 4055 S 700 E #200
- 948 N 1300 W
- 2036 Lincoln Ave.
- 55 M Main St. #203
- 409 W 400 S
- 168 N 1950 W Ste. 201
- 150 E Center St. Ste. 1100
- 2450 Washington Blvd. Ste. 122
- 168 N 1950 W Ste. 201
- 380 N 500 W
- 727 24th St., Ste. 2A
- 344 E 100 S
- 180 E 2100 S. Ste. 102
- 654 S 900 E
- 1408 S 1100 E