



Hepatitis C Awareness

Testing is the only way to know if you have hepatitis C.



Need more help?

To learn more about hepatitis C, visit [cdc.gov/hepatitis](https://www.cdc.gov/hepatitis). For help finding resources in the community or choosing a primary care provider, contact Community Social Services by calling **1-877-232-5518**. If you are speech- or hearing-impaired, call **711** for TTY service.

What is hepatitis C?

Hepatitis C is an infection caused by a virus. This infection causes inflammation in the liver. The only way to know if you have hepatitis C is to get a blood test. The test is called a hepatitis C antibody test.

How do people get infected?

Hepatitis C virus is carried in blood. Today, the most common way for people to become infected is by sharing needles or other supplies that are used to inject drugs. There is also a small risk of infection from tattoos if tools are not properly cleaned. Hepatitis C may also be spread in other ways. Some people do not know how they became infected. Also, people born between 1945 and 1965 are five times more likely to have been infected by hepatitis C than other adults.

How do I prevent the spread of hepatitis C?

Currently, there is no vaccine to prevent hepatitis C. Risk can be reduced though. Do not share personal items that could be infected with blood, such as razors and toothbrushes. Do not share needles. Avoid household contact that risks exposure to the blood of an infected person. And do not get tattoos or body piercings from an unlicensed person or business.

What are the health risks from hepatitis C?

Although some people can clear the virus from their bodies, most people who are infected will develop chronic hepatitis C. Over time, the virus can cause serious liver problems and may even cause liver cancer or death.

What is the process for getting coverage for drugs that treat hepatitis C through Turquoise Care?

- The provider sends a prescription to a specialty pharmacy. Members do not receive their prescription from a retail pharmacy (such as Walgreens, Wal-Mart, etc.). Turquoise Care members must use Accredo Specialty Pharmacy or UNM Truman Health Services Pharmacy.
- Accredo Specialty Pharmacy or UNM Truman Health Services Pharmacy fills the prescription and contacts the member to discuss the treatment and delivery of drugs. The pharmacy staff is in contact with the member throughout their treatment.
- BCBSNM may assign a Care Coordinator to the member receiving treatment for hepatitis C.
- Care Coordinators reach out to the member during treatment and can help answer questions. The member may also contact their Care Coordinator when needed.

All health care providers referenced in this document are not employed by and are independent from BCBSNM.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan.

Benefits, formulary, pharmacy network, provider network, and/or copayments/coinsurance are subject to change.

Limitations, copayments, and restrictions may apply.

Member communications and information from Care Coordinators are not meant to replace the advice of health care professionals. Members are encouraged to seek the advice of their provider or specialist to discuss their health care needs. Decisions regarding course and place of treatment remain with the member and his or her health care providers.

The intent of this article is to provide members with information. The information provided is NOT medical advice or a substitute for your health care provider's advice or care. Always talk to your provider about hepatitis C and your other health questions or concerns before making any treatment decisions. The final decision on whether to start or stop treatment for hepatitis C is between you and your provider.

Such services are funded in part with the State of New Mexico.

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable federal civil rights laws and does not discriminate on the basis of health status or need for services or race, color, national origin, age, disability, sex, ancestry, spousal affiliation, sexual orientation and/or gender identity. See our full non-discrimination notice and contacts.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éi ná hóló, kojí' hódííłnih 1-855-710-6984 (TTY: 711).