Medical Case Management

Medical Case Managers serve people living with HIV by connecting them to the resources they need to access medical care and remain healthy and independent.

They assist clients to:
- Improve overall health and well-being
- Keep doctors appointments
- Take medications regularly

They can also help people who are eligible to access the following services:
- Partner notification services
- Insurance assistance
- Medication support
- Emergency financial assistance
- Oral health care
- Mental health services
- Substance use counseling
- Nutrition counseling and food
- Housing and transportation
- Legal services

Contact the following agencies to enroll in medical case management:

**Contra Costa HIV/AIDS & STD Program**
(925) 313-6771 or (800) 287-0200
597 Center Ave. Suite 200 Martinez

**LifeLong Medical Care**
(925) 313-6771
2600 MacDonald Ave #B Richmond

**Contra Costa Health Plan (CCHP)**
(925) 313-6887
595 Center Ave. Suite 100 Martinez

This resource guide is published by the Contra Costa HIV/AIDS Program. For more information, call (925) 313-6771 or (800) 287-0200. Or visit our website at www.cchealth.org/hiv
STD & HIV Testing & Counseling

If you want to get tested for an STD or HIV, or want counseling, contact the following agencies for sites and schedules.

**Contra Costa HIV/AIDS & STD Program**
(925) 313-6771 or (800) 287-0200

**Contra Costa STD Clinics**
(925) 313-6750 or (800) 479-9664

**Planned Parenthood Northern CA**
1-800-230-7526

Pre & Post Exposure Prophylaxis (PrEP & PEP)

PrEP is a way for people who do not have HIV but who are at high risk of getting it to prevent HIV infection by taking a pill every day. PEP is an antiretroviral medicine that people take after being potentially exposed to HIV to prevent becoming infected.

If you are interested in learning about PrEP or PEP, contact the following agencies:

**Contra Costa Health Services**
(925) 313-6771

**LifeLong Medical Care**
(510) 981-4100

**Planned Parenthood Northern CA**
1-800-230-7526

HIV+ Support Groups

If you are interested in receiving social support from others living with or affected by HIV, consider joining one of the following support groups.

**Together We Rise (LifeLong)**
Adult Co-Ed HIV Support Group
1st & 3rd Fridays, 1-2:30pm
2600 MacDonald Ave. #B Richmond
Contact Mateo at (510) 981-9267

**Rainbow Community Center (RCC)**
Adult Men’s HIV Support Group
Mondays, 6:30-8pm
2118 Willow Pass Rd. Suite 500 Concord
Contact RCC at (925) 692-0090

**Adult Women’s HIV Support Group, Rise**
4th Wednesdays, 7-8pm
2118 Willow Pass Rd. Suite 500 Concord
Email nicole.rainbowcc@gmail.org