

# Your Journey to HIV PrEP

Follow these steps to get PrEP (pre-exposure prophylaxis) medication to prevent HIV.

1

## GET READY

Talk to your health care provider.

Find a provider who makes you feel comfortable and supported.

Talk about your sex practices and drug use (if any) to understand how PrEP could benefit you and to answer questions.

2

## GET SET

Find out if PrEP is right for you.

When you talk with your provider, they will:

Test you to make sure you are HIV negative.

Test for other sexually transmitted infections (STIs), like syphilis, gonorrhea, and chlamydia, and treat if needed. Be sure all the body parts you use for sex are screened.

Run other tests for viral hepatitis and kidney health.

If your test comes back positive, you will be connected to HIV care and treatment.

Your provider will give you a prescription for PrEP medication and information on how to take it.

3

## GET PrEP

Get your PrEP medication.

Take your prescription to your local pharmacy or find one near you.

Your provider may send your prescription to your preferred pharmacy.

Pick up your prescription in-person, through drive-thru, or by mail at your preferred address.

If you are enrolled in the Ready, Set, PrEP program, find one of the participating pharmacies at

[hiv.gov/pharmacies](http://hiv.gov/pharmacies).

Staying on PrEP

▶ PrEP medication works when taken as prescribed.

▶ Visit your provider for regular follow-ups about every 3 months.



Ending the HIV Epidemic



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## During follow-up visits your provider will:

Test you for HIV. If your test comes back positive, you will be connected to HIV care and treatment.

Test and treat other STIs. Your doctor may test you every 3 to 6 months depending upon your risk or if you have symptoms of an STI.

Run tests to make sure your kidneys are healthy.

Provide a prescription refill.

## Staying on PrEP

- ▶ If you're having trouble taking PrEP medication as prescribed, talk with your provider or pharmacist. Reminders such as pill boxes, apps, or alarms may help.
- ▶ PrEP doesn't give you any protection against other STIs, so use condoms too. If used the right way every time you have sex, condoms are highly effective in preventing HIV and some STIs like gonorrhea and chlamydia.
- ▶ If you feel you want to stop taking PrEP, talk to your provider or pharmacist for support.

## IS PrEP RIGHT FOR ME?

PrEP is a safe and effective prevention option for people who are HIV-negative. PrEP medication works when taken as prescribed. Find local HIV testing sites near you to learn your status.

- ▶ You may benefit<sup>1</sup> from PrEP if in the last 6 months you:
  - Had a sexual partner(s) whose status you don't know or with HIV (especially if the partner has an unknown or detectable viral load)
  - Have not used condoms consistently and correctly
  - Had a sexually transmitted infection
- ▶ PrEP is also recommended if you inject drugs or share syringes or other equipment.
- ▶ If you live in an area where HIV is more common, getting HIV may be more likely when having sex or sharing needles. Ask your provider if HIV is common where you live and how PrEP may help protect you.
- ▶ If you have a partner with HIV and are considering getting pregnant, talk to your doctor about PrEP. PrEP may be an option to help protect you and your baby from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding.

## HOW CAN I GET HELP PAYING FOR PrEP?

If you are uninsured or underinsured, there are a number of programs that may help you pay for PrEP care visits, lab tests, and PrEP medications. Your provider or pharmacist can connect you to these programs

### HELP PAYING FOR MEDICATION

- ▶ U.S. Department of Health and Human Services Ready, Set, PrEP Program: [GetYourPrEP.com](http://GetYourPrEP.com) 855-447-8410
- ▶ Gilead Patient Assistance Program: [www.gileadadvancingaccess.com](http://www.gileadadvancingaccess.com) 800-226-2056

### HELP WITH CO-PAYS IF YOU HAVE INSURANCE

- ▶ Gilead Advancing Access Co-pay Card: [www.gileadadvancingaccess.com](http://www.gileadadvancingaccess.com) 800-226-2056
- ▶ Patient Advocate Foundation (PAF): [www.copays.org](http://www.copays.org) 800-532-5274
- ▶ Good Days: [www.mygooddays.org](http://www.mygooddays.org) 877-968-7233

### HELP WITH PAYING FOR PrEP CARE VISITS AND LAB TESTS

- ▶ Community Health Centers provide affordable, accessible, quality and value-based primary health care regardless of your ability to pay. Using sliding fee scales, services such as clinic visits and labs are provided at low or no cost.
- ▶ Other nonprofit or governmental clinics – such as STI clinics – provide ongoing clinic visits and lab costs at low or no cost.
- ▶ Find a PrEP provider at [locator.hiv.gov](http://locator.hiv.gov)

If you are looking for new health insurance coverage, find out if you can enroll at [HealthCare.gov](http://HealthCare.gov).

### TELEPrEP PROVIDERS

- ▶ Mistr: [heimistr.com](http://heimistr.com)
- ▶ Nurx: [www.nurx.com](http://www.nurx.com)
- ▶ Plushcare: [plushcare.com](http://plushcare.com)
- ▶ Push Health: [www.pushhealth.com](http://www.pushhealth.com)



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<sup>1</sup>Using multiple HIV prevention methods including Treatment as Prevention can provide added protective benefits, as well as added peace of mind for both partners.