

STEP
1

RELAX. BREATHE.
YOU'VE GOT THIS



Take some time to think – and unwind. The hard part was getting tested. Your next steps will be much easier.

Know that everyone responds differently to the results – also know that you have the power to control your situation.

STEP
2

WE'RE
HERE FOR YOU



Always remember, you're not alone.

We have answers to questions – we know you have some.

We can help with medical coverage, transportation, support and so much more.

STEP
3

REACH OUT
FOR TREATMENT



Get to your doctor right away.

Delaying care adversely affects your health.

Faster treatment will lead to a healthier, longer life.

STEP
4

EMBRACE
YOUR PROVIDER
RELATIONSHIP



Developing an open and honest relationship with your medical provider is essential.

Together, you can make best decisions about the right treatment options for you.

STEP
5

THE GOAL:
UNDETECTABLE



Yes! The amount of HIV in your body is so small it has little to no impact on your health.

To become undetectable, it's critical that you take your meds every day, as prescribed.

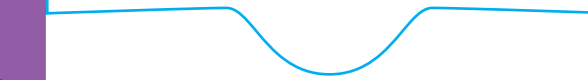
STEP
6

UNDETECTABLE =
UNTRANSMITTABLE



After your first undetectable test result, continue to take your meds and regularly visit your doctor.

Staying undetectable puts you at zero risk of passing HIV on to your sexual partners.





SPEAK UP

Share any symptoms with your provider so they will know what to treat.

Some common symptoms include:

- Fatigue or low energy
- Sadness, depression or thoughts of harming yourself*
- Feeling nervous, irritable or anxious
- Trouble sleeping or staying asleep
- Dizzy or lightheaded
- Trouble remembering
- Problems having sex
- Headache, muscle aches or joint pain
- Cough or trouble breathing
- Fevers, chills or sweats
- Rash or yellowing of skin and/or eyes
- Loss or change of appetite or weight changes
- Stomach ache, nausea, vomiting or diarrhea
- Other

* If you're having thoughts of harming yourself, talk to your provider right away.

OPEN UP

To give you the best care, your provider will need to know more about you. Be honest when answering questions.

Some things you may be asked about:

- Medications, vitamins and supplements you're currently taking
- Any personal or family history of health conditions
- Diet and exercise
- Daily schedule
- Work Life (daily commute, schedule, work environment, loss of job)
- Social life (travel, relationships)
- Home life (family issues, recent moves)
- Tobacco, alcohol and/or recreational drug use
- Sexual activity

TEAM UP

You and your provider are partners in your health care.

You get to ask questions too! Here are some that may help start your first patient/provider conversation:

- Are there lifestyle changes I should make?
- What do I need to know about taking my HIV medicines?
- What should I do if I miss a dose, or several doses?
- I'm worried about side effects from my medicines (over-the-counter, prescription, herbal supplements, vitamins)
- I know that HIV and HIV medicines can affect my overall health. How am I doing?
- What should I do before my next visit?

BUDDY UP

Starting HIV care is easier with the care and support of someone close to you. If you're concerned about privacy, ask your provider if there's a case manager or health advisor who can help.

QUESTIONS
I HAVE

NEXT
APPOINTMENTS

CONTACT
LIST



Achieving undetectable
in a few simple moves.