

# HOW TO START THE CONVERSATION

If you don't know where to begin, use these practical conversation starters to express what you want from your treatment.

“ I take my current HIV medication every day but are there other options that might suit my lifestyle better and improve **my treatment** experience. What can you tell me about my options? ”

“ Recently, [share the example of the change that has occurred]. This means that my daily life will be **different** than before. What treatment options do I have that will suit this change? ”

“ I want to better understand how my HIV treatment fits into **my long-term health**, especially as I get older or take other medicines for other conditions. Does my treatment best support my overall health? ”

“ I'm keen to expand my knowledge of how nutrition, exercise and **mental wellbeing** play a role in my HIV treatment. What more can you tell me about this? ”



**Scan here** to see how Ophelia took control and owned what's next in her HIV treatment journey.



## CONVERSATIONS START WITH ME, MYSELF, & HIV



Owning what's next in your HIV treatment is now just **a conversation away.**

\*This was a finding from the Positive Perspectives 3 study, a survey of 698 people living with HIV receiving treatment across 16 countries.<sup>1,2</sup>

<sup>1</sup>A higher amount of the 524 people living with HIV who felt involved in their treatment decision reported good health compared to the 171 people who did not feel involved, for the following types: mental (49% vs 35%, respectively), sexual (52% vs 42%), physical (60% vs 45%), and overall health (58% vs 43%).

1. Patel R, Allan B, Brough G, et al. Treatment Satisfaction was Linked to Improved Adherence and Self-Rated Health in the Positive Perspectives 3 Study. Presented at: The 13<sup>th</sup> International AIDS Society (IAS) Conference; July 13–17, 2025; Kigali, Rwanda. Poster WEPED080.

2. Patel R, Allan B, Brough G, et al. Joint Patient-Provider Decision Making was Associated with Improvements in Quality of Life and Treatment Satisfaction in the Positive Perspectives 3 Study. Presented at: The 13<sup>th</sup> International AIDS Society (IAS) Conference; July 13–17, 2025; Kigali, Rwanda. Poster EP0608.

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## CONVERSATIONS START WITH ME, MYSELF, & HIV



**Own what's next** and take charge of your HIV journey today

Use this guide to help start a conversation with your HIV specialist, to understand what your HIV treatment options are and what you want your medicine to do for you.

Your voice,  
your treatment,  
your choice

Ophelia  
Living with HIV for 35 years

Every person's journey with HIV is unique – and it can change over time.

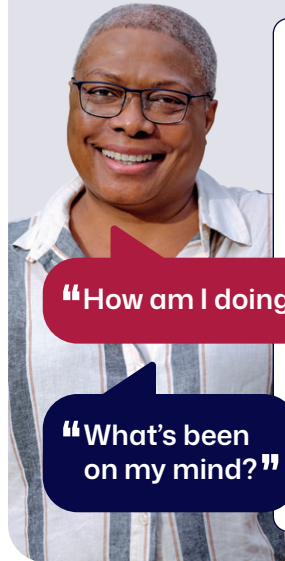
As life priorities may change, your treatment may be able to change with them. Your time with your HIV specialist is a **chance to talk** about what matters to you and explore whether your current treatment still fits your life.

Taking an active role in your care **starts with a conversation.**

Knowing what to say isn't easy, but this guide may help you share what is important to you, to help your HIV care team **understand your needs** and discuss all the treatment options available to you.

## NAVIGATE YOUR ROUTE TO STARTING A CONVERSATION ABOUT YOU

### START BY ASKING YOURSELF:



Notes:

“How am I doing?”

“What's been on my mind?”

CHECK IN WITH YOUR CURRENT WANTS AND NEEDS FROM YOUR TREATMENT

### I WANT MY TREATMENT TO...

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Support my health over a long time              | <input type="checkbox"/> Fit into my daily routine          | <input type="checkbox"/> Be convenient for me                   |
| <input type="checkbox"/> Fit well with other medicines I take            | <input type="checkbox"/> Help me keep my status private     | <input type="checkbox"/> Allow me to think less about my status |
| <input type="checkbox"/> Have fewer medicines and different formulations | <input type="checkbox"/> Be easy for me to take as directed |   |

### I WANT TO LEARN MORE ABOUT...

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> New treatment options available for me                       | <input type="checkbox"/> The role that nutrition, exercise or mental wellbeing play  | <input type="checkbox"/> How to change medicines without losing effectiveness |
| <input type="checkbox"/> Treatments that have fewer interactions with other medicines | <input type="checkbox"/> Treatment options that make it easier to not miss any doses |   |

What other things do you want your treatment to do for you?:

FEEL EMPOWERED TO START A CONVERSATION WITH YOUR HIV SPECIALIST

In a study of people living with HIV, just under 30% of people reported not being satisfied with their current treatment regimen.\*<sup>1</sup>

**Did you know?** People living with HIV who felt involved in their treatment decisions were more likely to report good overall health, including physical, sexual and mental health.\*<sup>1</sup>