

# WITH THE RIGHT CARE, WE CAN ALL HOPE TO THRIVE

## A GUIDE TO DISCUSSING WHAT MATTERS MOST TO YOU WITH YOUR DOCTOR

**HIV has changed. Discussing your individual needs with your HIV care team will help them advise on the best options for you. This could be as simple as changing the time of day you take your medication through to exploring different treatment options.**

Your HIV treatment should be the best fit for you as an individual. Consider how your treatment fits into your life and whether you might like to explore alternative HIV treatment options that may better suit your needs.

If you decide to discuss changing your HIV treatment with your doctor, know that you are not alone:

**56%** (N=2,389)

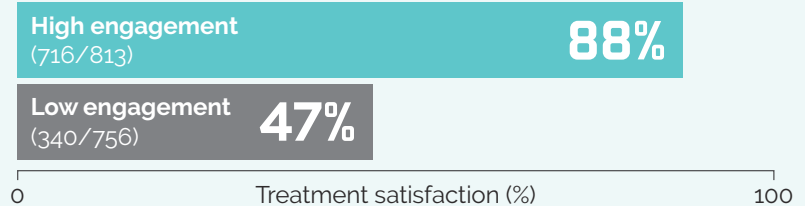
of people living with HIV reported not being fully satisfied with their HIV medication.<sup>1</sup>

## TALKING CAN MAKE A REAL DIFFERENCE

**Being involved in decisions about your treatment can bring many benefits.**

You're more likely to feel satisfied with your care and better understand how antiretroviral therapy (ART) can benefit you.<sup>2</sup>

**Engagement with healthcare professionals is associated with improved treatment satisfaction<sup>3</sup>**



Fill out the sections below to prepare for a conversation with your HIV care team.

### How well does your current HIV treatment fit into your life?

Not at all      Somewhat      Very well

### How confident are you in your knowledge of all of the treatment options available to you?

Not at all      I've read a little      I keep fully updated on all new treatments

### I want to learn more about...

The different types and forms of treatment available to me      How to change treatments without losing effectiveness      Taking fewer pills in my regimen



Remember, your voice matters. You are the expert in how you feel about your treatment. Being open and sharing your experiences and preferences with your doctor is a good way to discover treatment options that complement your life.

**Get tips on starting that conversation on the next page.**

#### References:

1. de los Rios P, Okoli C, Young B, et al. Treatment aspirations and attitudes towards innovative medications among people living with HIV in 25 countries. *Popul Med.* 2020;2:23.
2. Chen WT, Wantland D, Reid P, et al. Engagement with health care providers affects self-efficacy, self-esteem, medication adherence and quality of life in people living with HIV. *J AIDS Clin Res.* 2013;4(11):256.
3. Okoli C, Brough G, Allan B, et al. Putting the heart back into HAART: Greater HCP-Patient engagement is associated with better health outcomes among persons living with HIV (PLHIV) on treatment. Presented at the 23rd International AIDS Conference, July 6-10, 2020.

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As you consider your journey with HIV treatment, it's important to not only reflect on your current therapy but also to anticipate your needs and preferences for the future.

Please select the features that you feel are essential for any HIV treatment you might consider.

### I WOULD LIKE MY HIV TREATMENT TO (TICK ALL THAT APPLY):

Be a better fit for my life and schedule

Be better for my long-term health

Reduce the impact on other medicines that I take

Be discreet and allow me to share my status on my terms

Have fewer side effects

Be simpler and easier to take

### What else would you like your HIV treatment to do for you?

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### TIPS FOR SUCCESSFUL CONVERSATIONS WITH YOUR DOCTOR

See below for some useful openers to help you start the conversation with your doctor.

"I've been thinking about what I would like to get out of my HIV treatment. Can we talk about it?"

"My HIV treatment makes me feel \_\_\_\_\_. Is there anything that could help with this?"

"I am worried about \_\_\_\_\_. Are there any other treatment options that could help me?"

"I have been taking my current treatment since \_\_\_\_\_. Are there any newer treatments that might be a better fit for me?"

Knowledge is power. Understanding your treatment options can empower you to make informed choices.



Follow the QR code on the left to see how speaking to your HIV care team about your treatment options could transform your care.

Isn't it time to start a conversation?



**Remember, it is important that you feel comfortable with your treatment options before finishing your appointment. If you still have questions or concerns, please speak with your doctor or their support staff before you leave.**

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**Reporting of side effects:** If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card scheme at <https://yellowcard.mhra.gov.uk>. By reporting side effects you can help provide more information on the safety of a medicine.

