

LET'S TALK HIV PREVENTION

Ask for a PrEP therapy that best suits your needs.

HIV prevention has changed and there are more options available now than ever before. Whether you're new to pre-exposure prophylaxis—also known as PrEP—or if you've taken it before, start an honest conversation with your healthcare provider and have a say in your care.



Prevention is not one-size-fits-all and there are PrEP options available for everyone. Do any of these statements apply to you?

If you haven't taken PrEP before, do you:

Want to but do not know where to start?

Worry someone may find your PrEP therapy?

Worry about the hassle taking PrEP may cause?

Get concerned about its side effects or it working with your other medications?

If you have taken PrEP before, do you:

Hide your pills or worry someone may find them?

Sometimes forget to take it or struggle to take it as prescribed?

Have to bring or take it somewhere you don't want to?

Use this guide to have conversations with your care team about prevention and learn how PrEP can benefit you.

It's important you know about all of your options to feel informed and in control.

I WANT MY PREP TO...

Suit my routine and fit well into my everyday life

Require less frequent dosing and help ease challenges of taking a daily pill

Help me maintain privacy

Allow me to think less about stigma

Protect me from HIV

"I'VE WANTED TO TALK WITH MY HEALTHCARE PROVIDER ABOUT HIV PREVENTION, BUT DIDN'T KNOW WHERE TO START. ONCE I BROUGHT IT UP, I WAS RELIEVED TO HEAR THERE ARE MORE OPTIONS THAT MEET MY NEEDS AND CAN HELP ME TAKE CHARGE OF MY SEXUAL HEALTH."



Learn more about how talking with your healthcare provider or medical team can positively impact your journey to find the right PrEP option for you.

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I WANT TO LEARN MORE ABOUT...

How to start PrEP

The types of PrEP available to me, including less frequent dosing options

PrEP options that may address challenges of taking a daily pill

Staying on PrEP therapy to ensure continued protection

ADVOCATE FOR YOURSELF: TIPS FOR ASKING ABOUT THE RIGHT PREP OPTION

Use these conversation starters and remember to speak up—you don't need to wait for your healthcare provider to start the dialogue!

If you've never taken PrEP before...



I've been thinking about whether I need to take steps to prevent HIV because *[share personal examples/reasons for prevention]*. Can we talk about it?"



My sexual health is important to me and I want to make sure I'm protecting myself from HIV. Can we talk about the different available PrEP options?"

If you've stopped taking PrEP...



I stopped taking PrEP because *[share reasons for pausing or stopping PrEP]*, but I want to get back on it to stay protected against HIV. Can we talk about my options?"



When I was taking PrEP, I was always nervous my family and/or friends might find my medication. Can we discuss PrEP options that will allow me privacy?"

KNOWLEDGE IS POWER

Understanding the PrEP options available can empower you to make informed decisions about your care. Isn't it time to ask for more from your PrEP therapy?

Start the conversation today!



Learn more about how talking with your healthcare provider or medical team can positively impact your journey to find the right PrEP option for you.