

IT'S TIME TO SPEAK UP!



Your voice matters—ask for an HIV treatment that best suits your needs.



Living with HIV is different now and there are more treatments you can choose from.

Talk to your healthcare provider about what you need and want from your treatment.

Have you ever done any of these things?

Forgotten to take your medicine

Hidden your pills or felt scared someone might find them

Had to bring or take your medicine in a place you don't want to

Had trouble taking your medicine the way it says to take it

Worried about how many medicines you'll need to take in your life

Use this guide to help start a conversation with your healthcare provider about the different treatments you can choose from and tell them what you want your medicine to do for you.

I WANT MY HIV TREATMENT TO...

Fit into my daily routine

Help me keep my status private

Be easy for me to take as directed

Support my health over a long time

Allow me to think less about my status

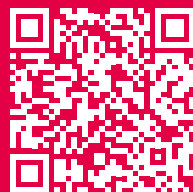
Fit well with other medicines I take

Help with my feelings about taking pills every day

Be taken less often to make it easier

Have fewer medicines

“I WAS EMBARRASSED TO TALK WITH MY HEALTHCARE PROVIDER ABOUT MY HIV MEDICINE, BUT ONCE I BROUGHT UP MY CONCERNS, I LEARNED ABOUT OTHER OPTIONS THAT ADDRESSED MY NEEDS.”



Learn more about how talking with your healthcare provider can impact your journey.

IT'S TIME TO SPEAK UP!



I WANT TO LEARN MORE ABOUT...

Available medicines

Alternatives to daily pills

A daily pill that has fewer medicines

Treatments that make taking medicine easier

Changing treatment and it still working

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

SPEAK UP FOR YOURSELF: ASK ABOUT THE BEST HIV TREATMENT FOR YOU

Use these conversation starters and remember—you can talk about your care and don't have to wait for your healthcare provider to bring it up!

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Taking my HIV medication every day has been/will be a source of stress and I am nervous my family and friends may find my medicine. Is there a treatment option where I don't need a daily pill?”

“

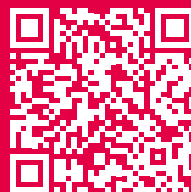
I've been taking my daily pill, but sometimes, I face difficulties with *Ishare personal day-to-day examples*. I want to talk about other treatment options that will meet my needs.”

“

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?”

KNOWLEDGE IS POWER

Knowing about your treatment choices can help you make smart decisions about your care. Isn't it time to ask for more? **Start talking about it today!**



Learn more about how talking with your healthcare provider can impact your journey.