



3

Providers

The Activity Book

RISK TO
REASONS

Activity Book 03 | Providers



Presented by ViiV Healthcare

Providers

The Activity Book

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*This content is intended for
people aged 18 years or older.*

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**Welcome to
Providers: The Activity Book –
we're glad you're here.**

This may be your first time exploring this series, or you may be returning to it with a friend, a partner, your healthcare provider, or simply yourself. There is no "right" way to engage – these activity books are designed to be completed as a series, one book at a time, or activity by activity, depending on what works best for you.

This series is all about pleasure, and how pleasure and intimacy are real reasons for self-care and HIV prevention. It's about reframing how we look at health and wellness – putting pleasure at the top as a reason and a way to support your health.

Inside each activity book, you will find interactive exercises, games, and prompts to explore everything from discovering your own desires to navigating conversations with your healthcare provider. As you move through each one, please keep in mind that nothing is an instruction – it is simply an invitation to reflect, learn, and have fun.

Now let's get started!



PICKING

THE RIGHT

CARE

PROVIDER

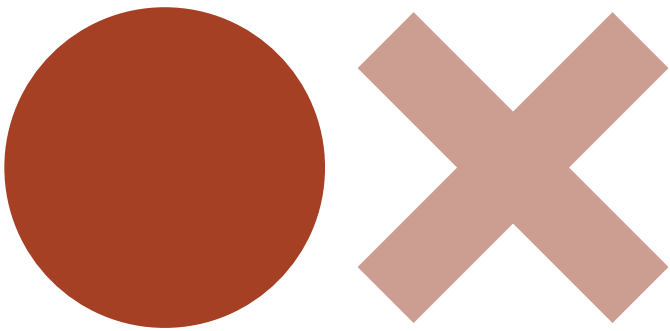
Who doesn't love a review?

Restaurants, movies, celebrity break-ups, someone's latest album – we've all seen what those reviews look like, and it can be helpful to think in the same way about evaluating our care providers.

On the following pages there are a few tools for you to use to start that conversation – first with yourself and then eventually with your provider. There will be some providers who will want to work with you to make the relationship what you need it to be. There are some who won't and then, like any other relationship – they just aren't the one and it's time to move on. Having an effective relationship with your provider can be hard, and it takes work, but it's something that you (and they) absolutely deserve.



Activity Provider Assessment Tool



This is a tool that can be used in partnership with your provider or completed alone to help you assess your opinions and needs – including your sexual health needs, as these are very important, but often neglected. The results will help you to make a plan. Don't just use this once! Like any relationship, people and needs change – and it's important to continually assess your relationships to ensure they are meeting your needs as you evolve.

①

Thinking About It

Does your provider take the time to ask you questions that are specific to your circumstances and listen to your answers?

Do you feel comfortable being honest with your provider?
Why or why not?

Do you feel like your provider has any opinions or ideas that make you feel uncomfortable?

Does your provider give you new information or help you discover new things about yourself/health?

Is there anything about the provider's office, process or environment that makes you feel uncomfortable? If so, what?

②

The Plan

Reflecting on the previous answers, what is the overall rating you would give your relationship with your care provider?

Overall Rating ☐ A ☐ B ☐ C ☐ D ☐ F

Notes on what you love (or at least what you like) about your provider:

Notes on where they can improve

In looking over your assessment – is this a relationship that you feel positive about, that you want to continue to invest in, or is it time for a change?



Now that you've finished your assessment, it's time to create an action plan.

Option A: I want to continue to invest

Are there any improvements you want to work on with your provider? If so, what?

Are you comfortable/willing to bring these up with your provider?

When will you talk to them about these? A visit that's already scheduled?
A new one? Other?

Option B: Time to keep it moving

What are three steps you can take to generate a list of possible new providers?
Examples include: ask a friend, search online, seek help from local organizations, peer support groups, someone else in the clinic (i.e. a nurse), etc.

What do you hope to get from a new provider?

When do you hope to achieve this by?

What are some practical things you need to do before/during/after your provider switch (get copies of your health records (including your blood work), prescriptions, vaccination results, insurance records, etc)?

Tips on Finding a New Provider

- + Ask for recommendations, especially from people you know who might have similar needs or expectations of a provider (or who just have a provider they really like).
- + Call the office and ask the front desk how the provider likes to get to know a new patient (hint, they should have a good answer).
- + Don't wait until it's an emergency, this will give yourself enough time to pick the person that is right for you.
- + Be patient and gentle with yourself – this is a process and it takes time to explore.
- + Ask the practical questions – for example:

Can I get all my women's screenings here?

How do I access my results?

How long do results take to come back?

Do you offer telephone or video appointments as well as face to face?

What's the wait time for an appointment?

How do I get my meds?

How long will my appointment be?

Where do I get my blood tests done?



Activity Rights and Responsibilities

You have the right to expect things from your relationship with your provider and hold them accountable. One of the first steps in doing that is thinking about (and possibly sharing with your provider) what active role you are going to play in your own care.

The second step is thinking about what those rights make you responsible for in order for the relationship to work and for you to meet your health goals.

A I, _____ (name) have the right to:

1. _____
2. _____
3. _____
4. _____
5. _____

B I, _____ (name) am responsible for:

1. _____
2. _____
3. _____
4. _____
5. _____

Example A

- I, Michelle (name) have the right to:
1. Be listened to without judgment
 2. Have your undivided attention when you are in the room.
 3. Not be left waiting for an unreasonable amount of time
 4. Have you proactively make suggestions to me to help me meet my goals.
 5. Have my whole self addressed - including my physical, sexual and mental/emotional health
 6. Be treated respectfully by your whole office staff

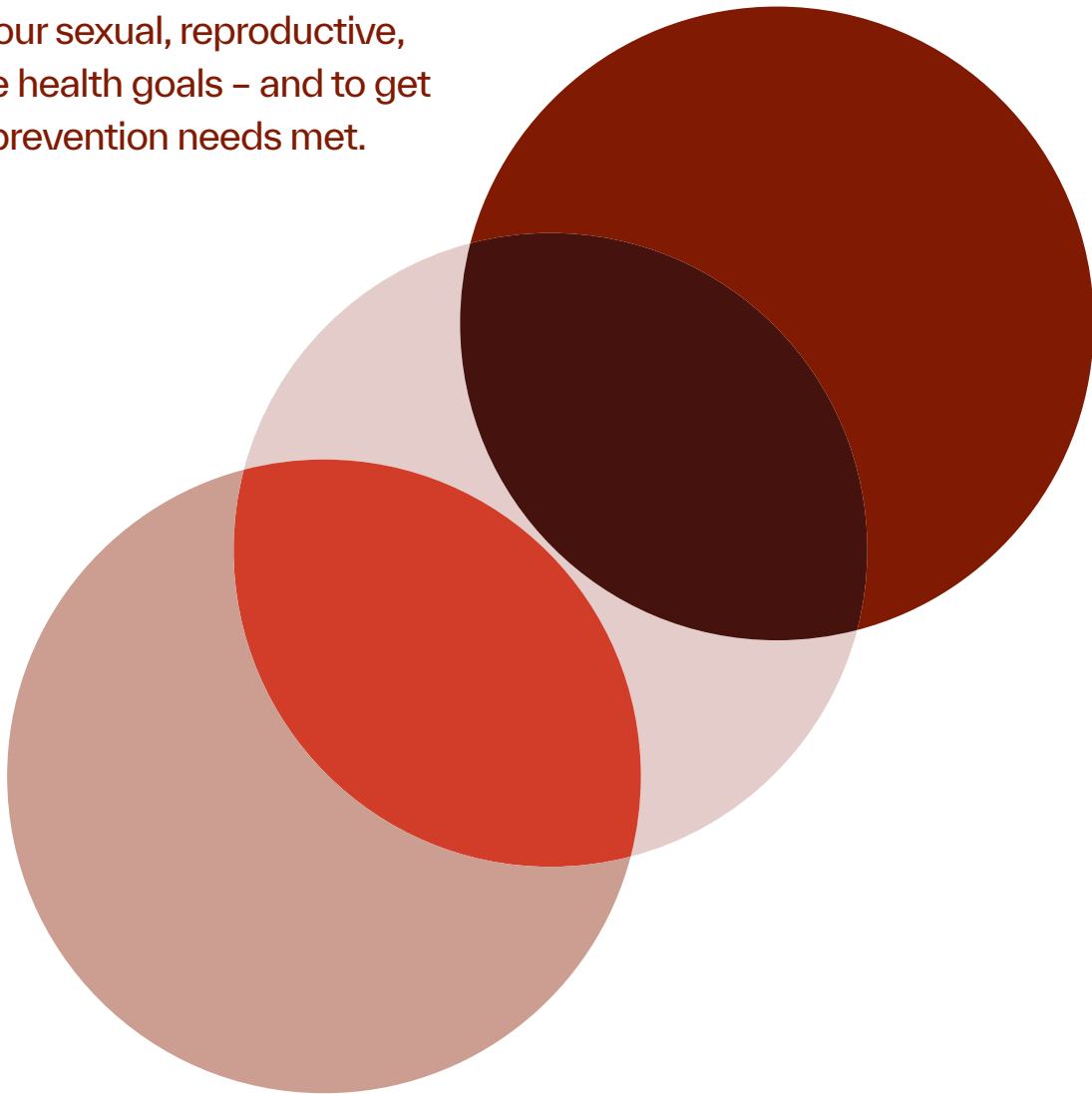
Example B

- I, Michelle (name) am responsible for:
1. Sharing important information with my care provider
 2. Preparing information and reflections in advance of each visit
 3. Being direct and giving feedback when I don't like something
 4. Raising issues that might make me uncomfortable but are important to me - such as my sexual health.

DEVELOPING A PARTNERSHIP



The best thing you can be in any relationship or partnership is your own advocate. This section will help build the knowledge/skills you need in order to effectively identify and communicate your needs to your provider*, and establish a supportive/ reciprocal relationship to help you achieve your sexual, reproductive, and whole health goals – and to get your HIV prevention needs met.

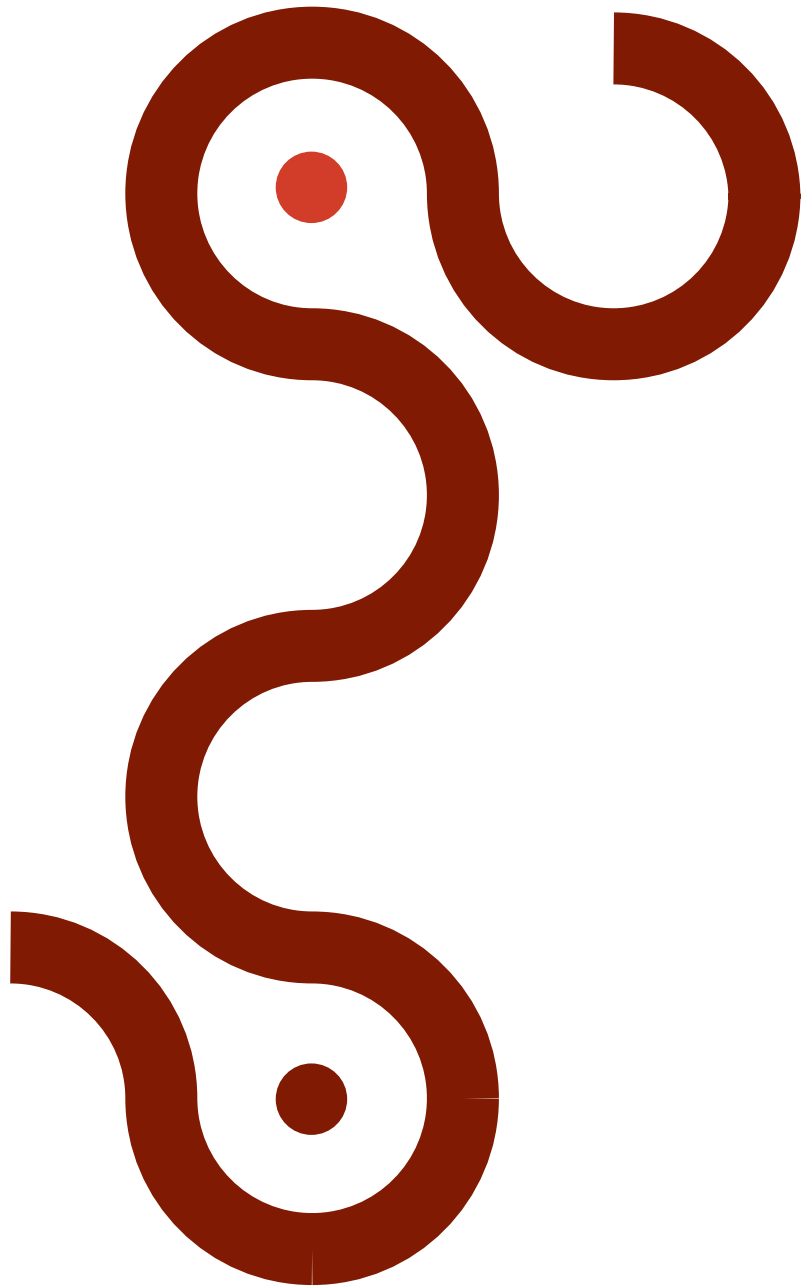


*Remember, we are using the word “provider” broadly here – these activities are applicable to everyone you encounter along your journey through the healthcare system, not just individual doctors/physicians.

Activity Draw Your "Road Map"

We all take different paths to arrive at our doctor's office. The more your provider knows about you, where you came from, and where you want to go, the better they can serve you and your whole health journey. Fill out this "road map" and bring it with you to your next visit.

Remember, even if you don't feel ready to share everything in this activity with your provider, it might still be useful to complete parts of it for yourself – for example, thinking about your past experiences of accessing healthcare may help you to understand what you want from your future healthcare service/provider.



PAST

Where were you born?

Where have you engaged in health services in the past 5 years?

What has your experience been with accessing care in the past?

PRESENT

Do you live on your own?

Are you in a relationship at the moment?

Describe why you're seeking health services today:

How did you get here today?

*This could include any logistics from getting childcare for your kids to how much time it takes you to ride there on the subway.

Do you have any concerns about speaking to a provider? If so, are you willing to share?

Do you have reasons for engaging in HIV prevention? If so, what are they?

FUTURE

Describe how you want to feel next time you're here:

Do you have any plans for children? (At all or having more)

If yes, are you actively trying to get pregnant?

If no, what do you currently do/use to prevent...

Pregnancy _____

STIs _____

HIV _____

What else is part of your reproductive health plan?

What questions do you have about your sexual health and/or HIV prevention?

Do you think you will continue to be engaged in care?

Do you have any anxieties about seeking care with a new provider or service?

Activity Grow Your "Care Family Tree"



When it comes to your health, it's important to map all your possible supports so you know who is there -- and who you might need to add. Fill out the diagram below to get started.

If you have open spots, scan the QR code to find more resources in your area.

Your primary care provider / general practitioner

Someone at your workplace who you trust

Your closest friend

Nurses


Someone in your neighborhood who you trust

Peer Support Groups

Social Workers

Community-Based Organizations

Specialists
(i.e. your gynecologist, family planning doctor, women's health specialist)



Activity

Set Your Intentions

– Together

Every type of relationship benefits from taking time to set your intentions and clarify how you will commit to supporting the other person. We don't often do this with our healthcare providers, but we should! It doesn't have to take long – before your next appointment, fill out the following exercise to share what you're willing to commit to, bring it with you to your visit, and invite your provider to do the same. You can even send it to them ahead of time! It should be short and easy to do, but the benefit will be big when it comes to encouraging yourself and your provider to be accountable to one another in supporting your health.

EXAMPLE

I, Your Patient will...

1. Be truthful about my circumstances.
2. Share how I'm feeling (physically and/or emotionally)
3. Let you know if I don't understand something.
4. Ask all my questions (even the ones I'm afraid to ask)

I, Your Provider will...

1. Earn your trust.
2. Listen to any/everything you feel comfortable sharing.
3. Respect your questions and answer each one thoughtfully.
4. Ask questions and make recommendations that are specific to you.

I, _____ will...

PATIENT NAME

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

I, _____ will...

PROVIDER NAME

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

NAVIGATING



CONVERSATIONS

We all have to navigate tough conversations – at home, at work, with our partners, our friends, our kids, and certainly with our healthcare providers. Sometimes, the hardest thing to talk about is your own sexual and reproductive health, but it’s often also the most important. This section gives you the tools to tackle any tough topic, including your own sexual and reproductive health. Sometimes, all it takes is asking the right questions.

What should I say if...

...my doctor says no?

“Could you help me understand why?”
“I have some friends in this situation who I’ve spoken to and I’d really like to explore this. If you are not able to help me, is there another doctor in this practice that I can talk to?”

...I feel shamed or stigmatized?

“That response makes me feel judged, I’m hoping you will support me in exploring my options. Could you please help me do that?”

...my doctor gives me too many options, and I’m not sure which to choose?

“What would you do?”

I’m not sure if I’m on the right treatment option, but I don’t know how to ask.

“Am I on the right treatment option for me?”
“Are there any other treatment options I should explore?”

...I want to ask my doctor for PrEP but I’m not sure how to begin the conversation.

“I’m [fill in your reason, i.e. “expanding my sexual partners”] and want to know if there’s anything that can protect me from HIV?”

What should I do if...

...I don’t know where to find resources near me.

Scan the QR code to find resources in your area.



What happens if you run out of time with your doctor or don’t feel comfortable sharing something in the moment? There are always more opportunities to ask questions, give feedback, and share your experiences (both good and bad – remember, sometimes it feels good to just give someone a shoutout for a job well done!).

Fill out this card, cut it out of the activity book, and leave it with your doctor or doctor’s office.

Date: _____

Name (optional): _____

I wanted you to know that...

**And that's a wrap! Take a deep breath
and thank yourself for being here.**

It's important to remember that we all have different reasons for engaging in HIV prevention. One reason could be to increase pleasure and deepen intimacy while feeling more protected. This is just one tool to help you explore the landscape of intimacy/sex, desire, and pleasure – and to develop the language to talk to your partners and healthcare providers.

**HIV prevention starts here.
This is just the beginning.**

HIV prevention is pleasure.

HIV prevention is intimacy.

HIV prevention is desire.

HIV prevention is protection.

HIV prevention is _____.

To my provider...



This collection of activities and exercises exist as part of a series.

Scan the code to explore the full collection, download digital copies, access HIV prevention information and connect to resources.

Explore the collection here.



#RISKTOREASONS

We want to hear from you!
Share your thoughts on this activity book by scanning the code below and taking 2 minutes to fill out our short reader survey.



Take the survey.





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