

# Treatment Adherence

Stay healthy and take control of your HIV health.

## WHAT IS ADHERENCE

Being adherent to HIV treatment is about TLC:



### Treatment

Take your daily HIV treatment as prescribed



### Labs

Get blood tests to measure your HIV viral load and immune system.



### Care

Keep all your appointments with your HIV care provider.

## WHY ADHERENCE IS IMPORTANT

**Being adherent keeps you healthy.** Forgetting or skipping doses of your HIV medication allows HIV to multiply in body. This increases the risk of HIV treatment failure and drug resistance, which means you can get sick or your medicines might stop working.

**Being adherent keeps your partners healthy.** People living with HIV who maintain an undetectable viral load cannot pass HIV through sex. This is called:

Undetectable = Untransmittable, or U=U

## ADHERENCE TIPS

- Take your HIV medications at the same time every day.
- Try taking your medications with a daily routine, like brushing your teeth or bedtime.
- Set an alarm to help remember to take your medications.
- Use a pill container and refill it at the same time every week.
- Purchase timer caps for your pill bottles.
- Bring extra medications when traveling and keep them in your carry-on when flying.

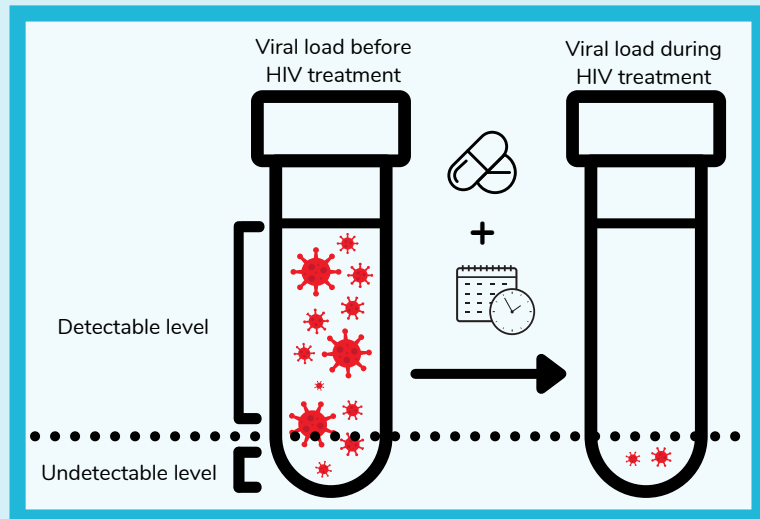


**nexus**  
a program of VHO Inc

## UNDERSTANDING VIRAL LOAD

When taken as prescribed, HIV treatment suppresses the amount of HIV in your body (viral load) to undetectable levels. Being undetectable helps prevent HIV from damaging your immune system.

**Undetectable does not mean cured.** HIV is still in your body but it is well controlled and not multiplying at levels that will harm your health. To stay undetectable you must continue to take HIV treatment.



## HELP IS AVAILABLE

The Nexus Program is here to help you stay healthy and stay adherent to your treatment plan. We can offer supports based on your unique circumstances and eligibility guidelines. These supports may include:

- Assistance paying for HIV medications
- Medical and non-medical case management
- Medical and laboratory services for people with no insurance
- Health insurance co-pay and deductible assistance (VA MAP)
- Health insurance enrollment
- Food vouchers
- Medical transportation assistance
- Mental health services

Talk to your Nexus Program case manager or call 703-639-0558 to find out what supports you qualify for.

## FOR MORE INFORMATION

Talk to your case manager or health care provider if you have questions, or learn more at:

- National Institute of Health [Following an HIV Regimen: Steps to Take Before and After Starting HIV Medicines](#)
- Centers for Disease Control and Prevention [HIV Treatment](#), [Understanding Care](#), and [Traveling with HIV](#)
- National Institute of Health [10 Things to Know About HIV Suppression](#)