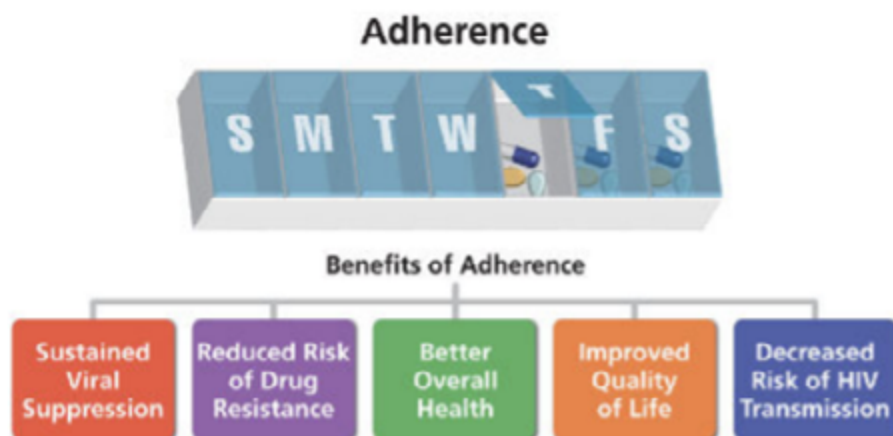




Staying on Track with Your HIV Medications



Taking HIV medications exactly as prescribed by your doctor (adherence) is key to making sure your HIV treatment works and you stay healthy and well.



Importantly, not all medications will work best for you and your lifestyle. If you are having trouble taking them as prescribed, or affording them for regular use, have a conversation with your health care provider or doctor to see if there are other options that may work better for you. Taking medications can be challenging, and many people struggle with taking them as prescribed. If you are having problems with or do not prefer taking pill(s) every day, whether it be due to not remembering, too many pills, or other reasons, your health care provider may be able to recommend a different pill or an injectable HIV treatment that could work better for you. If you have side effects like nausea or












diarrhea, other medicines may be able to help you manage these, or your health care provider may recommend a different HIV medication for you instead. ([HIV Treatment | Let's Stop HIV Together | CDC](#))

HIV Treatment Plan Challenge	Support Strategies
<p>Lack of Health Insurance Coverage/ Medication Cost</p>	<p>If you have insurance, contact them to see which HIV medication(s) may be covered. A pharmacist and/or community health center (Find a Health Center hrsa.gov) may also be able to help you understand your coverage related to HIV treatment.</p> <p>The Ryan White HIV/AIDS Program may be available to you to help with treatment costs.</p> <p>Individual state HIV/AIDS hotline links can be found here: State HIV/AIDS Hotlines Ryan White HIV/AIDS Program (hrsa.gov)</p> <p>Patient assistance programs, for example those through pharmaceutical companies, may also help you access medications if you cannot afford them elsewhere. You can search by medication to see what programs may be available or ask a health care professional.</p>
<p>Remembering to Take Medication on Time</p>	<p>Your pharmacist or health care provider can advise you on best steps to take after realizing you missed a dose of your medication. To avoid missing doses, several strategies can help:</p> <ul style="list-style-type: none"> • Cell phone alarm – setting a daily recurring alarm in your phone’s alarm/clock is a simple way to remind yourself to take medications. You can choose what you want the alarm to say, if anything, when it goes off on your phone. • Cell phone (iPhone) Reminder – go to the Health app, then tap the “Browse” button at the bottom of the Health app home screen. Then, tap medications. You can add your medications and opt to receive dose reminders. Add and log medications with iPhone, iPad, and Apple Watch - Apple Support • You may also simply want to use a calendar or medication journal to check off doses. Find additional tips in the illustration below this table.

HIV Treatment Plan Challenge	Support Strategies
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Mental Health or Substance use	Mental health challenges can make advocating for your health and sticking to treatment plans and medications challenging. If substance use (drugs and/or alcohol) is affecting your treatment plan or ability to stick with your appointments or schedule, seek help either through a regular provider you have already seen before, or find one through a treatment locator: Find Treatment Locators and Helplines SAMHSA
Other	Your HIV treatment is essential to be healthy with HIV. Talk to a trusted doctor, health care provider, or pharmacist about any lingering questions or concerns you may have.

Create A Routine	Keep It Visible
 <p>Take medication with an activity you do at the same time every day.</p> <ul style="list-style-type: none"> - Mealtimes - Brushing teeth 	 <p>To avoid "out of sight, out of mind", leave medication in a safe place that is easy to spot.</p> <ul style="list-style-type: none"> - Kitchen/bathroom counter - Bedroom nightstand
Set An Alarm	Post A Note
 <p>An alarm on your <i>cell phone</i> or <i>watch</i> can be helpful, especially you're busier at certain times of the day or the timing is important.</p>	 <p>Put a reminder note some place it will be seen every day.</p> <ul style="list-style-type: none"> - Refrigerator - Bathroom mirror
Use A Pillbox	Flip Pill Bottle Over
 <p>A weekly pillbox with compartments for each day and dosing time can be a visual reminder to take medication and help prevent double doses.</p>	 <p>Each time you take your medicine, flip the pill bottle over so you know it has been taken.</p>
Carry Extra Doses	Record Each Dose
 <p>Leave some extra doses in a bag/purse you use often so you can take your medicine if you're away from home.</p>	 <p>Use a calendar or medication journal and check off when you take each dose. This can help you avoid missing doses or taking too many.</p>
Keep Medicine With Each Caregiver	
 <p>If you ever stay with different caregivers, keep some medicine at each house.</p>	

<https://med.stanford.edu/content/dam/sm/gastroenterology/documents/IBD/Mercy-Adherence-Handouts.pdf>



Additional links for Medicaid Information, Patient Assistance Programs, and Medication Delivery Services

[Medicaid Expansion Interactive Map](#)

[AETC Medication Assistance Program List](#)

Medication Delivery Services

[Walgreens](#)

[RiteAid](#)

[CVS](#)

[Amazon Pharmacy](#)

[Optum](#)

[Pills2Me](#)

[ExpressScripts](#)