



Communication Strategies and Questions to Ask Your HCP



PrEP: Your Superpower Against HIV

Think of PrEP (Pre-Exposure Prophylaxis) as part of your personal shield against HIV. When taken as prescribed, it can protect you from HIV exposure. Just like any superhero needs the right tools to succeed, PrEP works best when paired with other protection strategies like condoms, and it's a smart choice to protect yourself and your community.

Here's your ultimate guide to preparing for and navigating your first visit to discuss PrEP (or even PEP, Post-Exposure Prophylaxis) with your healthcare provider.

Before Your Visit: Get Ready for Action!

1 Find Your Health Sidekick

If you think PrEP might be a good option for you, have a conversation with your healthcare provider, who will be your "sidekick." Any provider licensed to

TIPS FOR TALKING



Be Direct and Honest

Ask Questions

"I'm starting a new relationship – how can I protect myself from HIV?"

"Can you tell me how to talk to my partner about HIV?"

"I've heard about PrEP for HIV prevention – is it the right choice for me?"

Be Open About Your Health History

Clarify Any Concerns

prescribe medication can prescribe PrEP, so it's important to find someone who's right for you. If you don't have a healthcare provider yet, don't worry—your superhero journey is just beginning! You can use the locator below to find a PrEP provider in your area.

[PREPLOCATOR.ORG/PREP-WIDGET](https://preplocator.org/prep-widget)

[LOCATOR.HIV.GOV](https://locator.hiv.gov)

2 Gather Your Knowledge

Learn about PrEP before your visit. Read up on how it works, its benefits, and its limitations.



RESOURCE
Myths and Realities of PrEP

3 Create Your Health History

Before your visit, think about any past illnesses, allergies, or current medications (including supplements and hormones). This will give your provider the full picture of your health and help them make the best recommendation for you.

4 Language Support

If English isn't your first language, make sure your provider has a translator available

During Your Visit: Let's Get to the Heart of the Matter!

1 Be Clear and Bold

Don't hesitate! Tell your provider right away that you're interested in PrEP. This gives them the chance to assess if it's the right option for you.

2 Share Your Story

Just like any superhero team needs to know each hero's strengths and weaknesses, your provider needs the full picture of your health. This includes any behaviors that might increase your risk of HIV. Remember, confidentiality is key—everything you share stays between you and your provider.

3 Talk About Your Routine

Some heroes are known for their daily training, while others have unique challenges in keeping their powers in check. If taking a daily medication or making regular medical appointments might be tough for you, let your provider know. They can help you find the best solution.

4 Ask Questions Like a True Hero

Make sure you understand everything your provider is saying. No question is too small! Take notes during your visit so you can recall important details later.

| After Your Visit: Keep Your Powers Strong!

1 Review Your Notes

Revisit any information your provider gave you to make sure you're clear on next steps. Knowledge is power, so go over your notes and any resources they provided.

2 Follow-Up

If your provider recommended any tests or follow-up appointments, schedule them! Stay on top of your health with any required tests or check-ups.

3 Get Your Results

If you had tests done during your visit, make sure to review your results when they come in. If you're diagnosed with an infection, get treated promptly.

4 Stick to the Plan

If you're prescribed PrEP, be a superhero and stay consistent! Make sure to fill your prescription and take the medication as instructed. The more disciplined you are, the more effective PrEP will be.

5 Payment Options: Superpower Access

Good news! Most private insurance plans cover PrEP, as do state Medicaid programs. If you don't have insurance, ask your provider about assistance programs that can help you get PrEPped.

| Remember: You're Not Alone in This Journey!

PrEP is a powerful tool in the fight against HIV, and just like any superhero needs a team, you have your healthcare provider on your side. If you have questions or concerns after your visit, don't hesitate to reach out. Your health is your superpower, and staying informed will help you protect it.

| References

Centers for Disease Control and Prevention [CDC]. Preventing HIV with PrEP. CDC Website. <https://www.cdc.gov/hiv/prevention/prep.html>. Published January 18, 2024. Accessed March 18, 2025.

U.S. Department of Health and Human Services [DHHS]. Pre-exposure prophylaxis. HIV.gov Website. <https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/pre-exposure-prophylaxis>. Published February 7, 2025. Accessed March 18, 2025.