

# Talking with Your Healthcare Provider

You're on your way to having an open, honest conversation with your doctor. Use this customized guide to help keep track of the things you'd like to talk about, and take it with you to your next appointment with your healthcare provider.

## ABOUT HIV TREATMENT

- What is the difference between having HIV and having AIDS?
- How often should I get my numbers checked?
- Will taking HIV medicine cure me?
- Can I still give HIV to others even after starting on medication?
- When I am undetectable\*, can I still give HIV to others?
- How do I know if it's time to change my HIV medication?

## STARTING HIV TREATMENT

- When should I start treatment?
- How will my HIV medicine interact with the other medicines I am currently taking?
- How will I know that the HIV medicine is working?
- Are there HIV medicines that can help me become undetectable\*?
- What happens if I accidentally miss a dose?

## SIDE EFFECTS

- How will HIV medication affect my body?
- Will starting on HIV medicine make me sicker?
- What is the likelihood that I will have side effects?
- When could I start experiencing side effects after starting HIV treatment?
- What can I do about side effects?

## LIVING WITH HIV

- Are there HIV medicines without any specific dietary restrictions?
- What can I do to start my HIV therapy on the right track?
- What can I do to stay healthy?

\*When HIV cannot be detected by standard tests. For most tests used clinically today, this means fewer than 50 copies of HIV per milliliter of blood.