

Supporting You to Take Your HIV Medicine



Having trouble **remembering** to take medicine?

Set an alarm or mobile phone reminder

Store near something you use daily (like your coffee pot)

Download a mobile app to help you track your medicine

Use a pillbox or ask your pharmacy to blister pack the medicine



Having trouble **taking** the medicine?

Trouble swallowing?



Ask about switching to smaller pills, pills that can be cut or crushed, or even medicines that can be injected

Trouble taking your medicine with food?



Ask about switching to medicines that can be taken without food

Trouble with side effects?



Ask if it might help to switch to a different medicine or to take your medicine at a certain time of day

Struggling with pills in general?



Ask if medicines that can be injected once every other month are an option for you

Having trouble **paying** for the medicine?

Ask a case manager or pharmacist if you qualify for:

State-funded assistance programs

Manufacturer-sponsored assistance programs

Grants or foundation copay support



clinicaloptions.com/CE-CME-program/infectious-disease/downloadable-resources-for-patients/17633

clinicalinfo.hiv.gov/en/guidelines/adult-and-adolescent-arv
ryanwhite.hrsa.gov/about/parts-and-initiatives/part-b-adap
panfoundation.org/co-payment-assistance
cms.gov/Medicare/Prescription-Drug-Coverage/PrescriptionDrugCovGenIn/PAPData



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