

TIPS FOR TAKING YOUR HIV MEDS, ON TIME, ALL THE TIME

ONE DAY, TWO FRIENDS MET IN A COFFEE SHOP...

HEY MARC, MY DOCTOR SAYS I NEED TO BE BETTER ABOUT STICKING TO MY HIV REGIMEN. HOW DO YOU DO IT?

DO YOU USE A PILL BOX?



IT HELPS ME KEEP TRACK OF THE MEDICINE I NEED TO TAKE THAT DAY.



YEAH, I USE A PILL BOX, BUT I STILL HAVE TROUBLE REMEMBERING TO TAKE MY MEDS.



WELL, THERE ARE SOME OTHER THINGS YOU COULD TRY!



KEEP YOUR HIV MEDICINES WHERE YOU'LL NOTICE THEM, BUT OUT OF THE REACH OF CHILDREN.



MAKE TAKING YOUR MEDICINES PART OF YOUR DAILY ROUTINE. FOR EXAMPLE, TAKE YOUR MEDICINES AFTER YOU BRUSH YOUR TEETH EVERY MORNING.



DON'T RUN OUT OF YOUR MEDICINES. REFILL YOUR PRESCRIPTION WHEN YOUR SUPPLY GETS LOW.



SET AN ALARM ON YOUR PHONE. I USE THE *HIVINFO* DRUG APP.



ASK A FRIEND OR FAMILY MEMBER TO REMIND YOU.

HEY, DID YOU TAKE YOUR MEDS TODAY?




THAT'S FINE WHEN I'M AT HOME — BUT WHAT HAPPENS WHEN I HAVE TO WORK LATE OR MY SCHEDULE CHANGES?



KEEP A BACK-UP SUPPLY OF YOUR MEDICINE IN YOUR BAG OR AT WORK, SO YOU CAN TAKE YOUR PILLS WHEREVER YOU ARE.

AND WHEN YOU TRAVEL, BRING MORE MEDICINE THAN YOU THINK YOU'LL NEED IN CASE YOUR PLANS CHANGE.



REMEMBER TO KEEP ALL YOUR APPOINTMENTS WITH YOUR DOCTOR.

IF YOU'RE REALLY STRUGGLING, YOUR DOCTOR CAN GIVE YOU SOME MORE TIPS ON HOW TO STICK TO YOUR HIV REGIMEN. JUST ASK!

FOR MORE INFORMATION ON ADHERENCE, GO TO HIVinfo.NIH.gov

