

# Find Out if PreP is Right for you!

# STEP



Visit [prepalberta.ca](http://prepalberta.ca) to learn more about PrEP and whether it's a good HIV prevention option for you.

PrEP seems like a good HIV prevention option for you.

Go to Step 2 to learn about PrEP insurance coverage options.

PrEP does not seem like a great fit for you.

Speak with a healthcare provider, community-based organization, or someone you trust about other HIV prevention options that might be a better fit for you.



# STEP

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## The type of insurance coverage you use to cover the cost of PrEP can affect:

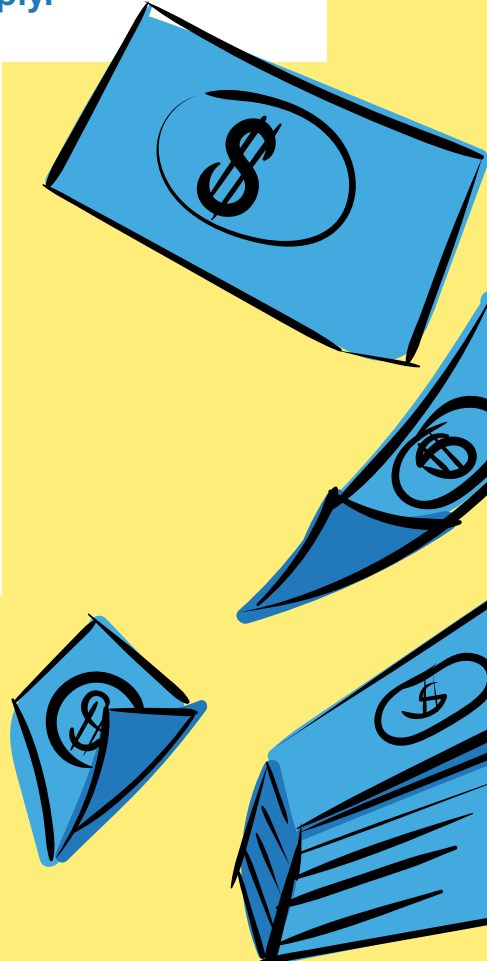
The process you have to take to access PrEP

Which healthcare provider you can get a prescription from

How much money you have to pay for your prescription

Visit [prepalberta.ca](https://prepalberta.ca) to find out which of the following insurance coverage options are available to you.

This information has been simplified for easier reading.  
For a more detailed explanation of the PrEP access process, visit [prepalberta.ca](https://prepalberta.ca)



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**Found a coverage option or able to pay out-of-pocket?**

**Go to Step 3 to learn about accessing your prescription.**

**Not able to access coverage, can't afford PrEP or no longer interested?**

Speak with a healthcare provider, or someone you trust about other HIV prevention options that might be a better fit for you.



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# Access Your PrEP Prescription

## STEP 3

**Book an appointment with a healthcare provider to discuss your interest in taking PrEP.**

If you are accessing publicly funded PrEP through Alberta Health, make sure the healthcare provider you see is on the “designated PrEP prescriber” list.



**After a discussion, you and your healthcare provider determine that PrEP is a good HIV prevention option for you.**

**After a discussion, you and your healthcare provider determine that PrEP is not a great fit for you.**

Speak with a healthcare provider, community-based organization, or someone you trust about other HIV prevention options that might be a better fit for you.

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**Complete PrEP pre-screening requirements to determine your HIV status, test for other STIs, and assess baseline bodily functions (like how well your kidneys work).**



**If you test HIV-negative and there are no other significant concerns, your provider should give you a prescription for PrEP.**

**If you test HIV-positive, you cannot take PrEP.**

However, when treated, HIV is a very manageable condition. Also, most people on HIV treatment achieve an undetectable viral load, meaning they cannot pass HIV on sexually to their partners. Your healthcare provider will refer you to a specialist who will help you begin treatment. You may also want to speak with a community-based organization or someone you trust to receive additional support if needed.

**Bring your prescription to a pharmacy to have it filled. You may need to call in advance to see if they have it, as some pharmacies may need to have it ordered in.**

**Go to Step 4 to learn more about taking PrEP.**



# Start Taking PrEP

# STEP 4

**Once you get your PrEP prescription, take your PrEP as prescribed by your healthcare provider.**

Most often, PrEP is prescribed to be taken daily. In some cases, your healthcare provider may prescribe PrEP to be used “on-demand” (to learn more about this way of taking PrEP and who it might work for, visit [prepalberta.ca](http://prepalberta.ca)).

Regardless of whether you take PrEP daily or “on-demand,” it’s important to take it as prescribed by your healthcare provider. Taking PrEP less often than prescribed, especially less than 4x per week, can significantly reduce PrEP’s effectiveness, meaning that it may not be effective in preventing an HIV infection. For tips to help you take PrEP as prescribed by your healthcare provider, visit [prepalberta.ca](http://prepalberta.ca).



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**After 30 days, and then every 90 days afterward, you will have to complete follow-up and monitoring requirements.**

These include conversations with your healthcare provider, urine collection, bloodwork, and possibly swabs. The purpose of these requirements is to make sure you remain HIV-negative, to test for other STIs, to check for possible side effects, and to make sure PrEP remains a good fit for you. You will likely have to complete these requirements before receiving a prescription for a PrEP refill.

**Get your prescription for a refill, pick up your PrEP, and continue to take it as prescribed by your healthcare provider.**

**If at some point you and your provider determine that PrEP is no longer a good fit for you, that's okay.**

Before stopping, discuss other HIV prevention options that may be a better fit. Your provider may ask you to continue taking PrEP for up to 28 days after your last possible HIV exposure. They may also ask you to complete follow-up HIV testing up to 8 weeks after stopping PrEP.

