

Let's talk about

# PrEP



#PrEPWorksOhio

## THE BASICS

- Pre-Exposure Prophylaxis (PrEP) is where HIV negative people take medication to reduce their risk of getting HIV.
- Studies have shown when taken as prescribed, PrEP is between 92 – 100% effective in preventing HIV infection, and is even more effective when combined with condoms and other prevention strategies.
- Currently, the once-daily pill Truvada® is the only FDA-approved drug for PrEP
- As with any medication, missed doses can reduce its effectiveness.
- In Ohio, those who are at highest risk of HIV exposure include gay and bisexual men, people who inject drugs, transgender women, straight women of color, and people who trade sex for money or other things.
- If you have had an exposure to HIV in the last 3 days, you might consider PEP (post-exposure) instead of PrEP. When started early, PEP can often ward off an HIV infection before it takes hold in your body.

## HOW DO I GET PREP?

- PrEP is available by prescription from doctors, nurse practitioners, and/or physician's assistants.
- Visit a health center, your local AIDS Service Organization, or your doctor's office.
- Be prepared; you will need to discuss your sexual health when you ask for PrEP for HIV prevention.
- To obtain PrEP you must test negative for HIV and agree to regular lab tests to monitor your health.
- Most private health insurance and Medicaid plans cover PrEP.
- PrEP takes about 1-3 week to reach the highest levels of protection.

## WHAT DOES IT INVOLVE?

- Each PrEP appointment (usually every three months) should include an HIV test, testing for STIs like syphilis, gonorrhea, and chlamydia, and tests for kidney health.
- Risk reduction and adherence (taking the pill) counseling are also recommended.
- If applicable, pregnancy testing should be conducted.
- When stopping PrEP you should continue taking PrEP for at least a week after your last possible exposure to HIV.
- If you test positive for HIV, you must stop taking PrEP immediately and find HIV care as soon as possible.
- How often you meet for monitoring is a decision between you and your doctor.

If you are uninsured or need affordable health insurance, call 1 (800) 648-1176 or visit [areyoucoveredohio.org](http://areyoucoveredohio.org) to get help enrolling.

## COSTS

- Without insurance PrEP can be expensive, but there are programs that can help.
- Because of necessary health monitoring, the costs of PrEP include more than just the medication. When budgeting, account for these costs:
  - Drug copay/coinsurance (each refill)
  - Primary care visit/copay (each visit)
  - Lab testing copay, supplies, and services (each visit)
- \* If you don't have insurance, you may choose to get some testing done at STD clinics or your local health department to lower lab costs.
- \* Ask your medical provider what the average costs of appointments will be before you receive services.

## PAYMENT ASSISTANCE

- Gilead's Medication Assistance Program (MAP): If you don't have insurance, apply for this program to see if you're eligible to get PrEP for free. Income verification is required. Your provider needs to submit an application form. If approved, your medication will be dispensed to your provider directly. For more info, call 1 (855) 330-5479 or visit [truvada.com](http://truvada.com).
- Gilead's Co-payment Assistance Program (CAP): If you have health insurance, this program will cover \$3600/year in PrEP-related copayments. There is no financial income restriction for eligibility. Your provider or pharmacy can submit the application form. Once approved, you'll be given a card and medication will be dispensed to your preferred pharmacy. For more info, call 1 (855) 330-5479, or visit [gileadcopay.com](http://gileadcopay.com).
- If you are enrolled in Medicaid, Medicare, or have coverage for prescription drugs under any other public program or other third party payer, you are not eligible for Gilead's MAP & CAP.
- Patient Access Network Foundation: If you have health insurance and the medication is covered, access \$4000/year to pay for associated costs. This may be used to help cover the costs of labs and copays. Income verification is required. For more info, call 1 (866) 316-7263 or visit [panfoundation.org](http://panfoundation.org).

If you need help getting a prescription for PrEP or finding financial assistance, contact ARC Ohio at [prep@arcoho.org](mailto:prep@arcoho.org).

Learn more and get answers at  
[www.ohioprep.org](http://www.ohioprep.org)