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3 STEPS TO PrEP

A Field Guide for PrEP Patients





What is PrEP?

PrEP is a once daily pill for HIV negative people that offers protection against HIV. PrEP is even more effective when combined with condoms and other prevention tools.

PrEP includes taking medication, getting regular HIV/STI testing, and having open and honest conversations with a doctor or nurse practitioner.

PrEP is for anyone who is okay with taking a daily pill to prevent HIV. High risk populations encouraged to consider PrEP include: gay and bisexual men, straight/bi women of color, trans women, people who inject drugs, and people in a relationship where one person is living with HIV.



1. PrEPare!

If you think **PrEP** is right for you, you will need to talk to a **Primary Care Provider (PCP)** and call your insurance company.

FIND A PCP

Don't have a PCP? Uncomfortable talking with the one you have? Here are some ways you can still access **PrEP**:

- » Find one in Ohio at **OhioPrEP.org/get-prep**, or find one nationally using **prelocator.org**.
- » Call your insurance company and ask for a list of providers (ask for doctors or nurse practitioners).
- » Go to your local Public Health Department or STD clinic for advice about good PCPs.
- » Help your current PCP understand **PrEP** by taking this pamphlet with you to your appointment!

CALL YOUR HEALTH INSURANCE

3 costs come with taking **PrEP**. It's always best to call your insurance to make sure everything is covered before you schedule your first appointment.

- 1. PrEP Medication:** The medication approved for PrEP is called Truvada®. Check to see if it's covered and how much your copay will be.
- 2. Office Visits:** Usually a \$20 - \$30 copay per visit.
- 3. Labs:** Find out if your insurance covers HIV testing, routine bloodwork (CMP/CBC), and *optional* STI tests.

DON'T HAVE HEALTH INSURANCE?

You can schedule a free appointment with a health insurance navigator or counselor at [AreYouCoveredOhio.org](https://www.AreYouCoveredOhio.org) or 1-800-648-1176.

Your local health clinic may also have a financial counselor available to help you enroll in insurance or Medicaid, or to help you find ways to reduce your costs.

COST ASSISTANCE

There are **Patient Assistance Programs** for people with and without insurance. Some require proof of income and may need to be submitted by a doctor.

You can find a list of these PAPs on OhioPrEP.org under FAQs. You can also find a pharmacy to help you enroll in these programs.

GILEAD ASSISTANCE PROGRAM:

GileadCopay.com / 1-877-505-6986.

PRIVATE FOUNDATION ASSISTANCE PROGRAMS:

PAF: visit copays.org or call 1-866-512-3861

PAN: visit panfoundation.org or call 1-866-316-7263

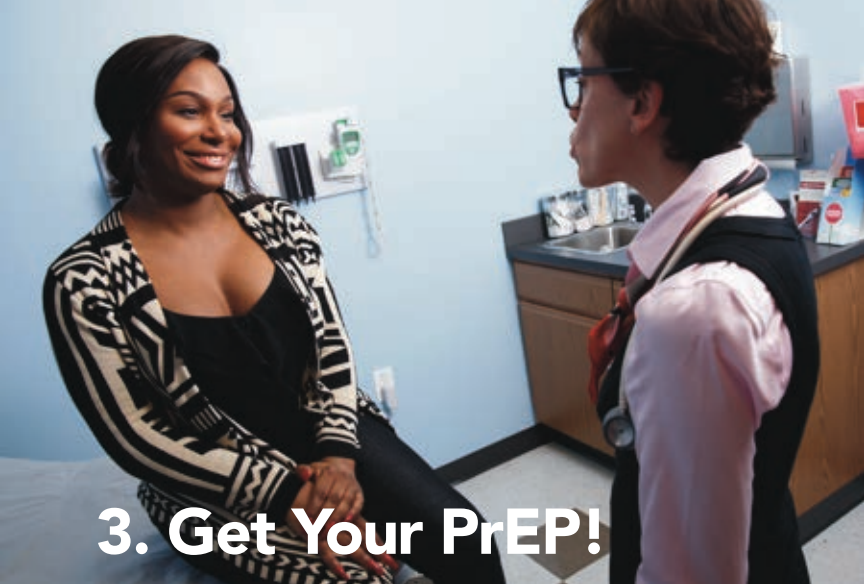
A photograph showing two women in profile, facing each other. The woman on the left has short, vibrant purple hair and is wearing a dark blue denim jacket. The woman on the right has long, light brown hair and is wearing a blue medical scrub top. They appear to be in a clinical or office setting, possibly a doctor's office or a waiting area. The background is slightly blurred, showing what looks like a doorway or a wall with a light switch.

2. Visit Your PCP!

Once you **find a Primary Care Provider (PCP)**, call their office and schedule an appointment.

THE FIRST APPOINTMENT (15 mins.–1 hr.)

- When you arrive, have your insurance card and ID ready, check in with the receptionist, and wait to be called.
- A nurse will take some measurements and ask about your medical history and any medications you are taking.
- When the doctor arrives, have a **PrEP** talk!
- She or he may:
 1. Ask questions about your sex life. *(This may be uncomfortable, but it is important to be honest).*
 2. Test for HIV/STI infection.
 3. Test for healthy bodily function (blood test).
 4. Give you a prescription for **PrEP** and contact your preferred pharmacy.



3. Get Your PrEP!

Once your doctor prescribes **PrEP**, pick up your meds from the pharmacy, take the meds regularly, and visit your Primary Care Provider often.

PICK UP YOUR PrEP

1. Call the pharmacy to make sure your prescription is ready.
2. Arrive with your ID and insurance card.
 - a. If you were given a paper prescription, bring it with you.
3. Pay your copay for the medication (*if total cost is not covered by insurance or a patient assistance program*).

THE FOLLOW-UP APPOINTMENT (30 mins.)

When your PCP prescribes **PrEP**, you will need to return **every 3 months** for check-ups. PrEP is only enough to prevent HIV, not treat it, so your PCP needs to be sure you're still HIV negative. Each appointment will include the following:

- Questions about sex life
- Questions about your **PrEP** experience
- Test for HIV infection (other STI tests are optional)
- Test for healthy bodily function
- Prescription for **PrEP** refill

THINGS TO REMEMBER

Take Meds Regularly

- **PrEP** is most effective if taken daily, but if you miss a pill, do not panic. Simply take the next pill as soon as possible. **Do not double dose.**

Visit Your PCP Often

- When you start **PrEP**, it is important to monitor your health. While taking this medicine you will need to:
 - » Go to appointments every 3 months.
 - » Contact your PCP if you want to stop taking **PrEP**.
 - » Contact your PCP if you are having trouble remembering to take your pills.

****Call your PCP IMMEDIATELY if you develop fever/chills with sore throat, cough, rash, diarrhea, swollen tonsils or lymph nodes, or other signs of infection.****



ANYONE CAN BE COOL, BUT AWESOME TAKES PRACTICE.

CREATING YOURSELF.

is your world. shape it or someone else will.

never never never give up

Ohio

HOME



OHIO RESOURCES:

OhioPrEP.org

Ohio PrEP Hotline: **1-800-332-2437**

NATIONAL RESOURCES:

CDC PrEP Guidelines: cdc.gov/hiv/pdf/prepguidelines2014.pdf

PrEP Provider Hotline: **1-855-448-7737**

(University of California, San Francisco)

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Care for All

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Tear-away card to give to your medical provider:

Info for Medical Providers

WHAT IS PrEP?

- PrEP is short for Pre-Exposure Prophylaxis and is a once daily pill used to reduce the risk of getting HIV by 92–99%. Currently, the only FDA-approved medication for PrEP is Truvada®, which combines emtricitabine and tenofovir. PrEP does not protect against other STIs.

BEFORE STARTING PATIENTS ON PrEP

- Talk to patient about their level of risk for HIV.
 - » If you don't know how, use a CDC sexual health risk assessment.
- Perform a 4th generation HIV test or RNA test.
 - » *Only provide PrEP to HIV negative patients.*
- Test proper kidney function.
- Test for Syphilis, Gonorrhea, Chlamydia, and Hep B.
 - » The medicine used for PrEP is also used to treat Hep B.

AFTER PRESCRIBING PrEP

- Follow-up with patient every 3 months to assess the following:
 - » HIV status
 - » Kidney function (*Creatinine clearance >60*)
 - » Sexual behavior and risk reduction strategies
 - » Adherence to medication and potential side effects
 - » Refill prescriptions for HIV negative patients with adequate kidney function



Let's talk about PrEP

Info for Medical Providers

STOPPING PrEP

- If patients test positive for HIV, stop PrEP immediately and start or refer patient for HIV treatment.
- If patient has Hep B, an alternative treatment should be initiated to prevent flare up.

BILLING CODES FOR PrEP

- ICD-9 codes
 - » V69.2: High risk sexual behavior
 - » V01.79: Exposure to other viral diseases
 - » V01: contact with or exposure to other communicable diseases
- ICD-10 codes
 - » Z20.2: Contact with and (suspected) exposure to infections with a predominantly sexual mode of transmission
 - » Z72.5: High-risk sexual behavior
 - » Z20.82: Contact with and (suspected) exposure to other viral communicable diseases

CDC PrEP Guidelines: [cdc.gov/hiv/pdf/prepguidelines2014.pdf](https://www.cdc.gov/hiv/pdf/prepguidelines2014.pdf)

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