

THERE ARE OPTIONS TO SUPPORT YOU ON YOUR TREATMENT JOURNEY, NO MATTER WHAT YOU'RE FACING!

"I'm not ready to be on treatment for the rest of my life."
 "I have nobody to talk to."
 "What if people find out my status?"

I AM AFRAID OR I AM NOT READY

There are options!

- I can do these things:**
- Set my health goals
 - Identify people who can support me in deciding to start/take treatment
 - Read my *Client Roadmap* to prepare for my treatment journey
 - Ask questions at my visit or on the *WhatsApp Health Coach*
 - Choose where to store my treatment

- My clinic may also be able to offer:**
- Fast track initiation counseling with new adherence plan
 - Disclosure support and treatment information
 - A Client Roadmap*
 - Referral to a social worker
 - Referral to *WhatsApp Health Coach*

"I live far away from the clinic"
 "My visit is going to take too long"
 "It's difficult to arrange care for my children"

IT'S DIFFICULT TO ATTEND MY VISITS

There are options!

- I can do these things:**
- Ask for longer treatment supply and/or less frequent clinic visits
 - Ask family to help me get to my visits
 - Ask about convenient ways and places to collect my treatment
 - Ask for more treatment or a transfer letter when I travel
 - Ask for same supply, visits and collection points as family members

- My clinic may also be able to offer:**
- 3-month treatment supply
 - Repeat prescription collection strategies
 1. Pick-up point outside the facility (e.g. Clicks)
 2. Facility one-stop fast pick-up
 3. Support group
 - 6-month script + 3-month treatment supply
 - 6-month script + 6-month treatment supply
 - Aligned child/partner visit schedule

"I'm pregnant – what does this mean for me and my baby?"
 "The treatment makes me feel sick"
 "I already come to the clinic a lot for my high blood pressure"

I HAVE OTHER HEALTH CONCERNS

There are options!

- I can do these things**
- Tell my provider how I am feeling
 - Tell my provider I am re-starting treatment so my convenient treatment collection options should start today
 - Tell my provider I have other conditions and ask for extra clinical check ups
 - Ask for help if I experience side effects
 - Ask for help to take treatment if I am intoxicated or using drugs

- My clinic may also be able to offer:**
- A detailed health assessment
 - A mental health assessment
 - Referral to appropriate provider e.g. social worker, dietician
 - Help with with antenatal care booking
 - Aligned visit schedule with my other conditions
 - Scheduling more clinical visits if needed

"I forgot when my appointment is"
 "I work nights and don't know when to take my treatment"

I NEED APPOINTMENT ASSISTANCE/REMINDERS

There are options!

- I can do these things**
- Tell clinic how to contact me if I miss a visit: SMS, call, home visit
 - Update my contact details so I can manage my appointments and get reminders
 - Choose time of day I can take treatment
 - Create my treatment reminder strategy such as phone, alarm, friend, pill box, *WhatsApp Health Coach*

- My clinic may also be able to offer:**
- Review of my adherence plan in fast track initiation counseling
 - SMS/phone visit reminders if available
 - Explaining how to change appointment dates
 - Asking me to choose next visit date
 - Referral to *WhatsApp Health Coach*

Not all clinics can offer all the services shown; ask your provider what is available.

Staying on your treatment journey is important!
 Once you have two viral load tests <50 copies/mL, you can get a 6-month treatment supply and two clinic visits a year.