

Staying on your treatment journey can be challenging sometimes...

Illustration of a man with speech bubbles:

- I have a job and can't wait at the clinic each month...
- My appointment is always on payday.
- I live far away and travelling to the clinic every month is expensive.
- I don't like going to the clinic.
- I have other health conditions and don't like coming to separate appointments at the clinic.

Ask about these options to help:



- ✓ Fast track queues
- ✓ Rescheduling your visit to a more convenient day
- ✓ Getting several month's medication at a time
- ✓ More convenient medication pick up points
- ✓ Combining visits for family planning, TB, hypertension, diabetes or asthma.
- ✓ Make sure your family members are in the same service delivery model.



If you feel alone or scared, a treatment buddy or counsellor can support you and help share your status with others.



If you are pregnant or breastfeeding, stay on treatment and test your baby regularly until 18 months or until breastfeeding stops. Talk to your health provider about pregnancy and baby care. You'll get three months of treatment at a time, with visits aligned to your baby's immunization schedule.

What if I can't attend my clinic visit?

Illustration of a female healthcare provider pointing to a list of instructions:

- If you miss a visit, call your clinic so you can reschedule.
- If you don't call, your clinic will contact you on the phone or at home to help reschedule and check in.
- To help you remember your appointment dates, sign up for SMS reminders. Make sure your contact details are correct and updated every time you come for a visit.
- If you are travelling or moving, tell your provider about these plans so that you can access your treatment at another facility.
- If you have an interruption in your treatment, stay healthy by eating well, exercising and having safe sex. Come back and start treatment again as soon as you can!

Staying on treatment keeps you healthy and protects your partner and baby from HIV.

My treatment journey visit plan:

Date	Notes

THE FIRST YEAR OF YOUR CARE JOURNEY

WHAT TO EXPECT

Congratulations on starting your treatment and taking the first step in your Care Journey! This guide will help you understand what to expect during your first year of treatment. If you have any questions or need more details, please talk to your provider.



TERMS TO KNOW

HEALTH PROVIDERS – Doctors, nurses, counsellors, and community health workers who support your care.

CD4 COUNT – A measure of your immune system's strength. Higher is better. The goal is above 200 cells/mm³.

VIRAL LOAD (VL) – The amount of HIV in your blood. Lower is better. The goal is fewer than 50 copies/mL. This is called a suppressed viral load.

UNDETECTABLE = UNTRANSMISSIBLE (U=U) – When your VL is suppressed, the virus is so low it cannot be detected. This keeps you healthy and prevents passing HIV to others.

SERVICE DELIVERY OPTIONS – Different ways you can receive your treatment, depending on your health.

STABLE – If you are well, not pregnant, and your VL is suppressed (<50), you may have fewer clinic visits and more flexible options for picking up your treatment.

NOT YET STABLE OR UNSTABLE – If your VL is above 50, you will continue collecting treatment at the facility until it is suppressed. If you are pregnant, caring for a child under 5, or ill from HIV or another disease, your provider will guide your treatment options.

My clinic name

Address

Phone number

Operating hours

YOUR JOURNEY TO HEALTH

START TREATMENT, STAY ON TREATMENT, STAY HEALTHY!

FOLLOW UP 1

- See health worker and complete adherence plan
- Learn healthy eating
- See a counsellor and learn how to stay on treatment
- Collect 2 months' treatment



Date:

1 MONTH LATER

FOLLOW UP 2

- See the health worker
- Take a viral load (VL) test. This is an essential step to your journey
- Collect 1 month's medication



Date:

VL TEST

Taking your VL test and getting the results are essential steps in your journey

1 MONTH LATER

FOLLOW UP 3

- Get your VL results
- If you are stable and your VL is below 50, you get 3 months' treatment and convenient treatment collection options
- If your VL is above 50 you will continue to receive treatment and support at the clinic
- If you are sick, you get 1 month's treatment. Your provider will advise next steps for your care



Date:

CONVENIENT TREATMENT COLLECTION

Staying stable on treatment with a suppressed VL means fewer clinic visits and convenient ways to get your medication once every 3 months – like from quick pick-up points at your clinic, or from your pharmacy or community pick-up point or in an adherence group.

CONVENIENT TREATMENT COLLECTION

SUPPRESSED VL AND STABLE

UNSUPPRESSED VL OR NOT STABLE

6 MONTHS LATER

FOLLOW UP 4

- You will see the health worker and assess your progress
- Take the VL test
- Collect 3 months' of treatment

Date:

WELL DONE!

You've finished the first 12 months of your journey.



Once you have 2 VL tests below 50 and a year on treatment, you can get a 6-month treatment supply and 2 clinic visits a year with an annual VL test.

STARTING TREATMENT VISIT

- Talk to a counsellor
- Decide to start or restart treatment
- See health worker and start Adherence Plan
- Collect 1 month's treatment



Date:

IN-CLINIC CARE

If your VL is above 50 you will continue to get treatment either:

- every 3 months if you are well
- every month if you are ill, with advice from your clinician
- you will be supported at your facility to get your VL below 50

SELF CARE

Stay on treatment, eat well, get enough physical activity and sleep, avoid smoking and alcohol, and practice safer sex using condoms. Ask your health provider about PrEP for your partner.

VL REASSESSMENT

Your VL test will be repeated in 3 months.

If it is below 50 then you could be eligible for convenient treatment collection