

LET'S TALK PrEP

How to Work with Your Healthcare Team to Stick with Your Plan



If you are using pre-exposure prophylaxis (PrEP) or thinking about it, you are taking an important step to protect your health. PrEP works best when it's tailored to your life

This guide is here to help you:

- Work with your healthcare team
- Ask questions with confidence
- Build a PrEP plan you can follow over time

There is no judgment here. Just support.

PrEP Is More Than a Prescription

PrEP is a proven way to prevent HIV. PrEP is not just about taking a medication. It is about having a plan that works for you.

That plan may include:



Choosing a PrEP option that fits your routine



Checking in with your healthcare team from time to time



Making adjustments when life changes

The best PrEP plan is the one you can realistically follow.

Your Healthcare Team Is Your Partner

Your healthcare team may include:

- A doctor, nurse practitioner, or physician associate
- A nurse or care coordinator, a pharmacist (sometimes called a chemist in the UK), sometimes a case manager or social worker
- In many regions, “team” often includes community health workers, outreach staff, peer navigators, and community clinic staff or non-governmental organization (NGO) clinic staff.

They are there to:

- Answer questions
- Help you choose a PrEP option
- Support you if challenges come up
- Adjust your plan when needed

You do not have to figure this out on your own, and you are allowed to speak up.

PrEP access and follow-up can look different depending on where you live. Some people get PrEP through a primary care clinic, sexual health clinic, pharmacy, community program, or telehealth service. If you are not sure where to start, ask your health care team or a local clinic where PrEP is available.



How to Start the Conversation

Not sure what to say? You can try one of these:

- “I want to talk about HIV prevention.”
- “I am interested in PrEP, but I have questions.”
- “I am worried about sticking to a schedule. Can we talk about options?”
- “What should I do if I miss a dose or an appointment?”

You do not need the right words. Just start where you are.

Building Your PrEP Plan

A good PrEP plan is built together by you and your health care team.

Things that matter when choosing a plan include:

- Your daily routine, such as work, school, or travel
- Privacy concerns
- Whether pills or injections feel easier for you
- Cost, insurance, coverage, access issues, or local assistance programs
- Other health conditions or medications
- Stress, mental health, or life changes

It is okay to say:

- “This might be hard for me.”
- “I need something simpler.”
- “Can we revisit this later?”

That is not failure. It is smart planning.

Sticking With PrEP in Real Life

Let us be honest. No one is perfect. Missing a dose or appointment can happen.

Helpful strategies may include:

- ☐ Linking PrEP to something you already do every day
- ☐ Using phone reminders if works for you
- ☐ Planning ahead for travel or busy weeks
 - ☐ If you travel often or move between cities or countries, ask how to plan refills and follow-ups ahead of time.
- ☐ Asking your care team what to do before a problem becomes stressful
- ☐ If privacy is a concern, you can ask about more discreet appointment times, private counseling, or alternative pickup options where available.

Missing a dose does not mean PrEP has failed. It means your plan may need adjusting.



Follow Up Visits and Why They Matter

Follow up visits are a normal part of using PrEP. They help make sure PrEP is still the right fit for you.

At these visits, your health care team may:

- Test for HIV
- Check for other sexually transmitted infections
- Review your overall health
- Talk about how PrEP is going for you

These visits are not a test you pass or fail. They are a chance to check in and make your plan better.

If Something Is Not Working

Tell your health care team if you:

- Have side effects
- Struggle with timing or appointments
- Have trouble paying for PrEP
- Experience changes in your life or health
- Feel unsure about continuing



*PrEP plans can be changed, paused, or restarted with support.
What matters most is staying honest and connected.*

Your Rights as a Patient

You have the right to:

- Respectful and judgment free care
- Clear explanations in plain language
- Ask about different PrEP options
- Privacy and confidentiality
- Be involved in decisions about your health



If something does not feel right, it is okay to say so.

Questions to Bring to Your Next Visit

You may want to ask:

- “Which PrEP option fits my life best right now?”
- “What should I do if I miss a dose or visit?”
- “How often do I need check ins?”
- “Who can I contact if I have questions later?”

*There are no bad questions.
Only unanswered ones.*

Moving Forward

PrEP is a powerful tool, but you are the expert on your own life.

Working with your health care team helps make HIV prevention practical, flexible, and sustainable.

You deserve a plan that supports you today and adapts with you tomorrow.

Want to learn more? You may also find these tools helpful: ‘Finding the Right PrEP Option for You’ and ‘Thinking About Long-Acting PrEP?’