

HIV Discussion Guide



1. Do you know when your last viral load and CD4 count were? ☐ Yes or ☐ No

If yes, what was the approximate date?

2. Was your viral load undetectable?

☐ Yes or ☐ No

If your viral load was not undetectable, what was your viral load? _____

3. What was your last CD4 count?

4. What are the names of your HIV medications?

5. Are you having challenges taking your medication? ☐ Yes or ☐ No

If yes, describe these challenges:

6. Are you following the instructions your healthcare provider gave you on how to take your HIV medications?

☐ Yes or ☐ No

If no, what is different about how you take your HIV medications?

7. Have you changed your HIV medications in the past? ☐ Yes or ☐ No

If yes, how many times have you changed your HIV medications?

8. Do you know why you changed your HIV medications? ☐ Yes or ☐ No

If yes, then why did you change your HIV medications?

9. Do you have any other health care concerns (Behavioral health, Substance abuse, Diabetes, COVID-19, Hypertension, Hepatitis)? ☐ Yes or ☐ No

If yes, what are your concerns?

*If your viral load is not undetectable, **SCHEDULE AN APPOINTMENT WITH YOUR HEALTHCARE PROVIDER TO DISCUSS WHY.***

- Ask your healthcare provider why your viral load is detectable and if there are treatment options that can get your virus undetectable.
- Ask your healthcare provider if you need resistance testing.
- Refer to the Understanding HIV and Resistance Brochure.

For more information go to HIVandResistance.com

