

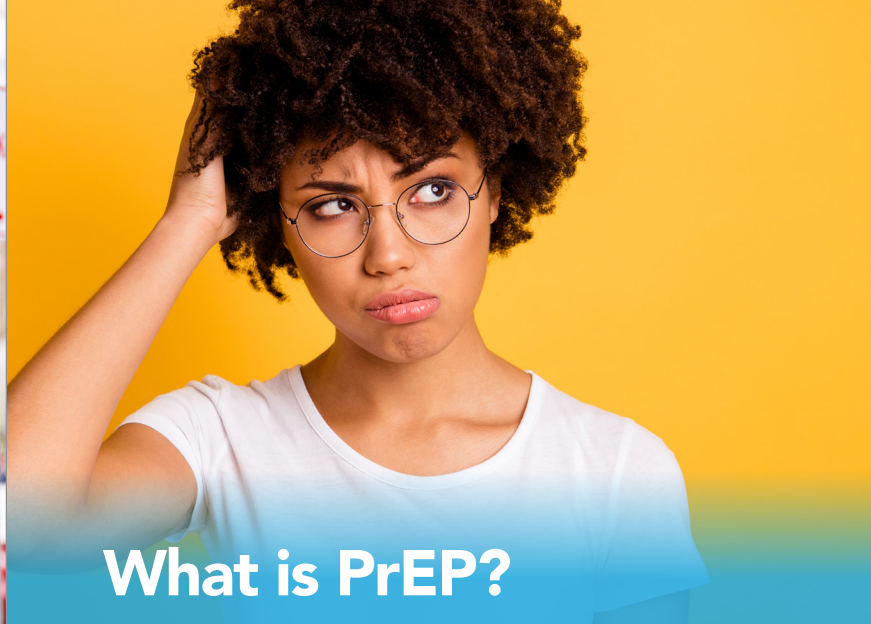
The How To PrEP Guide



How to

*Get on
Stay on
& Get*

PrEP *Paid For*



What is PrEP?

PrEP is a once daily pill that offers protection against HIV for people who have a negative HIV status. 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.

PrEP is affordable. A new Ohio program makes PrEP free for most Ohioans.



1. PrEPare!

Wondering if **PrEP** is right for you? Start by contacting the PrEP Health Navigator in your region.

You can locate a PrEP Health Navigator by calling the **HIV Hotline** at **1-800-332-2437** or visiting **OHIV.org**.

PrEP Health Navigators can help you:

- » Find a **PrEP** provider or Primary Care Provider (PCP) who will prescribe **PrEP**.
- » Get scheduled for your first **PrEP** appointment
- » Determine what expenses your health insurance will cover.
- » Connect to manufacturer medication assistance programs to cover the cost of your **PrEP** medication.
- » Cover all remaining medical costs associated with **PrEP**.

Get PrEP for Free with PAPI

PAPI, a new Ohio program makes **PrEP** free for most Ohioans.

How do you qualify for PAPI?

- » Have a negative HIV status
- » Live in Ohio
- » Make less than \$62,450

What does PAPI pay for?

- » Office and medical copays
- » Lab work copays (for HIV/STI testing and routine bloodwork)
- » Prescription copays not covered by other programs
- » Medical services for people who are uninsured
- » Health insurance premiums

What other PrEP costs are there?

Your PrEP Health Navigator will help you cover the cost of PrEP medication through your health insurance and/or medication assistance programs.



2. Your first PrEP appointment

The First Appointment (15 mins. – 1 hr.)

- » When you arrive, have your insurance card (if you have insurance) and ID ready. If PAPI is paying for your co-pay or for the full cost of the visit, tell the receptionist you are enrolled in PAPI.
- » A nurse will take your blood pressure and temperature and ask about your medical history and any medications you are taking.
- » When the provider arrives, have a **PrEP** talk!
- » **The provider may:**
 1. Ask questions about your sex life and/or IV drug use. (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.
- » You may complete your medication assistance application or receive prescription copay coupon cards at this time.



3. Get PrEP at No Cost to You!

If you live in Ohio, have a negative HIV status, and make less than \$62,450/year, you shouldn't have to pay anything for **PrEP**.

Pick Up Your PrEP

1. Assistance to pay for your medication through the manufacturer should be ready within 48 hours after your first **PrEP** appointment. Your PrEP Health Navigator will contact you with all the information you need to pick up your prescription at no cost to you.
2. Call the pharmacy to make sure your prescription is ready.
3. Arrive with your ID, insurance card (if you have insurance), and any medication assistance copay cards that you have received.
4. Get your **PrEP** medication at no cost to you with assistance from PAPI, medication assistance programs, and/or your insurance.



4. Build a PrEP Routine

Follow-Up Appointments

Once you've got your **PrEP** from the pharmacy, you'll need to take your medication daily and visit your provider **every 3 months** for check-ups and labs. **PrEP** is only enough to prevent HIV, not treat it, so your PCP needs to be sure your HIV status is still negative.

Each appointment will include the following:

- » Questions about sex life and/or IV drug use
- » Questions about your **PrEP** experience
- » Test for HIV/STI infection
- » Test for healthy bodily function (blood test)
- » Prescription for **PrEP** refill

If you are eligible for PAPI, all of these services will be free.



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.
- » If you stop taking your **PrEP** medication for more than 7 days, don't start again without talking to your provider.

Visit Your Provider 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 provider if you want to stop taking **PrEP**.
- » Contact your provider if you are having trouble remembering to take your pills.

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



For more information about **PrEP**

Ohio Resources

OHIV.org

HIV/STI Hotline: **(800) 332-2437**

National Resources

CDC PrEP Guidelines: **[cdc.gov/hiv/risk/prep/index.html](https://www.cdc.gov/hiv/risk/prep/index.html)**

PrEP Provider Hotline: **(855) 448-7737**

(University of California, San Francisco)

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

How To PrEP

OHIV.org
YOUR QUESTIONS **ANSWERED.**

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/risk/prep/index.html](https://www.cdc.gov/hiv/risk/prep/index.html)

PrEP Provider Hotline: (855) 448-7737