

# Healthy Living with HIV

Created by people living with HIV



**Equitas Health**  
Care for All

## Life isn't over after your HIV+ diagnosis.

You deserve to keep your life moving forward. Here are some tips that people use to help them thrive and enjoy life:

- Take your medication as instructed.
- Take care of other medical issues.
- Continue to grow personally and professionally.
- Talk to other people living with HIV by attending a support group.
- When your Care Team doesn't explain things well, ask questions until you understand.
- Create a schedule to help stay on track with your eating, medication, and self-care.
- Attend your appointments. If you cannot attend, call and reschedule. If you don't have transportation to your appointments, ask your Care Team for help.
- Eat healthy food and drink more water. Ask your medical provider how you can add healthy food options into your life.
- Don't over think things. Get back into your hobbies.
- Find an all-inclusive place to spiritually grow.

You are the expert on your life. Your Care Team members are here to help you understand your health conditions and options. Don't be afraid to ask many questions or get a second opinion.





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