

# PrEP

PrEP stands for Pre-Exposure Prophylaxis and is a way to help prevent HIV in people who are at substantial risk of contracting it by taking medication on a daily basis.

The FDA-approved pill, which is used to prevent infection, is called Truvada® and contains a combination of two antiretroviral medications, emtricitabine and tenofovir, often used to treat HIV in combination with other treatments.

# 92%

PrEP has been shown to reduce the risk of HIV infection by up to 92 percent\* among men who have sex with men – a group disproportionately impacted by HIV – **when adhered to daily.**

*\*According to the Centers for Disease Control and Prevention (CDC)*

# Start

PrEP should be prescribed only to HIV-negative people, which is why people are tested before beginning a regimen. Men who frequently have sex with men without condoms may want to

consider PrEP, as well as HIV-negative people with positive partners (serodiscordant couples) and other high-risk populations. When starting PrEP, it takes a minimum of 7 days to reach the levels needed for protection against HIV.

# Risk

**The bottom line is adherence.** The pill must be taken daily, like birth control, as a preventive measure. And like birth control, which women sometimes take for years then, go off of for years, you can

stop taking PrEP when your risk factors change—for example, you aren't having sex regularly anymore. It is not meant as a stand-alone prevention measure and using both condoms and PrEP increases your protection from all sexually transmitted infections (STI's). PrEP alone does NOT protect from other STI's such as herpes, gonorrhea, HPV, etc. When stopping PrEP, individuals should continue using PrEP for 4 weeks after the last possible high-risk exposure.

# PEP

PrEP is not intended for people who need to prevent HIV after a single high-risk incident of possible transmission, such as a condom break or sexual assault.

For that there is PEP, or Post-Exposure Prophylaxis, which is a 28-day course of therapy that should start within 3 days of the incident, and optimally even sooner.

# How to get PrEPed

1

## Know Yourself

If you are a sexually active male that has sex with other males, Truvada as PrEP provides significant protection against HIV when taken daily, as directed. PrEP is recommended alongside other prevention methods, such as condoms and HIV treatment as prevention (TasP).

2

## Consult a doctor to ask for a prescription

1 in 3 doctors are not familiar with Truvada as PrEP. Visit our website to download the “**Healthcare Provider Letter**” to print & bring to your own PCP (Primary Care Physician) to start a thorough and honest talk about your sexual activity and level of HIV risk. You can also find other local Healthcare Providers that specialize in HIV & STI prevention and treatment on our website.

3

## How much does a Truvada prescription cost?

Most private health insurance plans, as well as Medicaid, cover the cost of Truvada as PrEP. Truvada’s maker, Gilead Sciences, covers up to \$3,600/year for co-pays and other out-of-pocket costs (more details at [www.gileadadvancingaccess.com](http://www.gileadadvancingaccess.com)), so most people only need to cover medical visits and labs. If you are uninsured and aren’t eligible for Medicaid, Gilead’s Medication Assistance Program offers free drugs to those with low-to-moderate incomes.

4

## Avoid unnecessary social problems

Some friends & family may have questions about your new prescription for Truvada. Be sure to be prepared to discuss your choice to be pro-active about your sexual health. Help break the stigma.

This resource card has been made freely available by Impulse Orlando, a non-profit HIV Awareness Organization.



For more information about PrEP please visit [impulseorlando.org](http://impulseorlando.org)

# WHERE CAN I GET PrEP?



**Orlando Immunology Center**  
1701 N Mills Ave  
Orlando, FL 32803  
[oicorlando.com](http://oicorlando.com) • 407-647-3960



Piñero Preventive  
Medical Care

Rafael E. Piñero, M.D.  
Board Certified Family Medicine

**Piñero Preventive Medical Care**  
1720 South Orange Avenue #500  
Orlando, FL 32806  
[pineromedical.com](http://pineromedical.com) • 407-426-9693



**Winter Park Family Health Center**  
2304 Aloma Ave  
Winter Park, FL 32792  
[wpfamilydocs.com](http://wpfamilydocs.com) • 407-679-9222



Dr. Kurtis Mohr, MD

**The Center For Living Well**  
960 Backstage Lane, Lake Buena Vista, FL 32830  
[myhealthcenterhome.com/sites/centerforlivingwell](http://myhealthcenterhome.com/sites/centerforlivingwell)  
407-934-4100



Dr. Roberto Ortiz, MD

**Bliss Healthcare Services**  
2901 Curry Ford Road, Suite 106  
Orlando, FL 32806  
[blisshs.com](http://blisshs.com) • 407-203-5984



Dr. Mariam A Esat, MD

**Orlando Infectious Disease Consultancy Services, PL**  
1182 Cypress Glen Cir  
Kissimmee, FL-34741  
[oidcs.com](http://oidcs.com) • 407-350-5917

This resource card has been made freely available by Impulse Orlando, a non-profit HIV Awareness Organization.



For more information about Impulse please visit [impulseorlando.org](http://impulseorlando.org)