

# 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](http://HIVandResistance.com)