

Doing PrEP the right way.

PrEP

Pre-Exposure Prophylaxis

- Pre-exposure prophylaxis (or PrEP) is when people at risk for HIV take daily medicine to prevent HIV.
- PrEP reduces the risk of getting HIV from sex by about 99% when taken daily.
- PrEP requires commitment to taking the medicine which means creating routines that include taking a pill.
- Talk to your doctor about other ways to take PrEP that may be an option for some people who are not willing or able to take PrEP daily (or by mouth). PrEP is also available as an injectable but not as a first line choice.
- If you think you have been exposed to HIV and you are not on PrEP, you may need to start PEP, or Post-Exposure Prophylaxis. A doctor will help you decide about starting. You should begin PEP within 36 hours but not beyond 72 hours after a potential exposure to HIV. Go to an emergency room or health clinic and ask for emergency PEP to prevent HIV, or call the **NYC PEP Hotline** at 844.3.PEPNYC (844.373.7692). The Hotline is available 24/7 and can help you get started on PEP right away.

Resources

What is PrEP?

<http://www.cdc.gov/hiv/basics/prep.html>

<http://www.prepforsex.org>

<https://www1.nyc.gov/site/doh/health/health-topics/pre-exposure-prophylaxis-prep.page>

The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor. There may be variations in treatment that your doctor may recommend based on individual facts about you.

We can help you learn more and sign up for a MetroPlusHealth plan.

CALL
800.303.9626 (TTY: 711)

OR VISIT
metroplus.org

MONDAY – FRIDAY | 8am – 8pm
SATURDAY | 9am – 5pm

✓ MetroPlusHealth

50 Water Street, 7th Floor, New York, NY 10004

MetroPlusHealth Medicaid:
800.475.METRO (6387) (TTY: 711)

MetroPlusHealth Medicare:
866.986.0356 (TTY: 711)

MetroPlusHealth MLTC:
855.355.MLTC (6582) (TTY: 711)

MetroPlusHealth is an HMO, HMO SNP plan with a Medicare and Medicaid contract. Enrollment in MetroPlusHealth depends on contract renewal. MetroPlusHealth does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 866.986.0356 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 866.986.0356 (TTY: 711)。

MBR 22.176

THINKING ABOUT PrEP?

We have you covered.

PrEP

✓ Metro Plus Health

Pre-Exposure Prophylaxis: PrEP



is preventive medication that can help you stay negative, even if your partner might be positive.

With MetroPlusHealth, you are covered!

✓ What is PrEP?

- PrEP stands for “**Pre-Exposure Prophylaxis.**”
- Prophylaxis is a medical term for prevention methods against disease.
- Taking PrEP medication has been proven to greatly reduce the chance of getting infected with HIV among people who do not have HIV.
- Taking PrEP along with using condoms and other safer sex practices together is the best way to protect yourself.
- Taking PrEP allows you to enjoy sex with one less worry, especially if your partner is HIV positive.
- PrEP is not a vaccine.
- Truvada® (generic name: *tenofovir disoproxil fumarate and emtricitabine*) is the preferred medicine for PrEP.
- PrEP is not an emergency medication. If you think you were recently exposed to HIV, you may need emergency medication, known as PEP (see reverse).



✓ Getting Started with PrEP

- See a doctor or other health care provider.
- Let the doctor know you are interested in PrEP.
- Talking honestly with your provider about your sex life is an important part of your health care. If your provider doesn't bring it up, you should.
- Get tested for HIV, other infections, and kidney function before getting a prescription.
- Come back to review the baseline testing and get a prescription for Truvada®.
- Follow up with a doctor visit one month after starting PrEP to discuss issues or problems such as ability to take the medicine consistently and side effects.
- Continue with follow up visits with the doctor about every three months, including repeat HIV testing.



- MetroPlusHealth has doctors who can prescribe PrEP for you and monitor you along the way.
- No prior authorization is needed for Truvada®. Documentation of a negative HIV screening may be required for continued use.
- Doctor visits and blood tests are covered (although there may be co-pays, depending upon your plan).

