

A QUICK GUIDE TO...

**FIND
YOUR
FOUR**

TO LIVE WELL WITH HIV

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NEED A BIT OF HELP TO FIND *your* FOUR?

Like the points of a compass the number four can be guiding and balanced, or just a good place to start if you are feeling a bit overwhelmed.

The following questions may help you to narrow down the four things you want to focus on to live well with HIV. You could also use the questions to prepare for the next conversation with your HIV doctor, nurse, pharmacist, or a support group.

Grab a notepad and take 10 minutes to think about your broader health and wellbeing.

FOR *you* MIND

Just because you can't measure how healthy your mind is in the same way as you can measure your viral load, it doesn't mean it isn't just as important.

- Q. ARE YOU STRUGGLING TO SLEEP, OR HAVING PROBLEMS WITH YOUR MEMORY?**
- Q. PERHAPS YOU HAVE BEEN FEELING MORE DOWN OR WORRIED THAN USUAL?**
- Q. DO YOU THINK YOU WOULD LIKE TO SPEAK TO SOMEONE ABOUT HOW YOU ARE FEELING?**

FOR *your* BODY

Thanks to HIV treatments, you can expect to live as long as someone without the virus.² It may seem far away for some but taking care of your body today is important for enjoying the future you want.

- Q. YOU MAY HAVE HEARD YOUR HEALTHCARE TEAM REFER TO THE TERM 'COMORBIDITIES' LIKE DIABETES AND HEART, LIVER AND BONE PROBLEMS. ARE YOU WORRIED THAT YOU MIGHT BE AT RISK?**
- Q. DOES ANYONE ELSE IN YOUR IMMEDIATE FAMILY HAVE THESE CONDITIONS?**
- Q. ARE YOU EXPERIENCING UNCOMFORTABLE SYMPTOMS THAT AFFECT YOUR BODY AND DAY-TO-DAY LIFE?**
- Q. A HEALTHY LIFESTYLE WITH GOOD NUTRITION, AN EXERCISE REGIME, LIMITING SMOKING AND ALCOHOL INTAKE CAN BE HARD TO MAINTAIN, MAYBE YOU WOULD LIKE A BIT OF ADVICE TO GET STARTED?**

FOR *your* EVERYDAY LIFE

As well as looking at yourself on the inside, it is important to consider how everything around you might be affecting your health.

Q. PEOPLE LIVING WITH HIV THAT ARE ON EFFECTIVE TREATMENT AND HAVE AN UNDETECTABLE VIRAL LOAD CAN'T PASS ON THE VIRUS¹ (KNOWN AS UNDETECTABLE = UNTRANSMITTABLE, OR U=U). DO YOU KNOW ENOUGH ABOUT U=U? DO YOU NEED SUPPORT WITH DISCUSSING U=U WITH YOUR FRIENDS AND FAMILY?

Q. ARE YOU STRUGGLING WITH ISSUES WITHIN YOUR EVERYDAY LIFE SUCH AS IMMIGRATION STATUS, WORK, OR YOUR FINANCES?

Q. HAVE YOU HAD NEGATIVE EXPERIENCES IN A HEALTHCARE SETTING THAT ARE AFFECTING YOU GETTING THE CARE YOU NEED?

FOR SUPPORT NOW AND IN THE FUTURE

There is a strong and supportive HIV community around you, who understand your experiences and can offer help and resources you need, whether you need it now or later in life.

- Q. ARE YOU LOOKING FOR SOMEONE WHO HAS BEEN THROUGH SIMILAR EXPERIENCES? OR MAYBE YOU JUST NEED A LITTLE MORE HELP AND SUPPORT?**
- Q. DO YOU FEEL YOU HAVE THE INFORMATION YOU NEED TO LOOK AFTER YOUR WELLBEING, WHETHER THAT IS TO DO WITH YOUR MIND, YOUR BODY OR YOUR EVERYDAY LIFE?**
- Q. ARE YOU STARTING TO THINK ABOUT THE FUTURE OF YOUR HEALTH, AND NEED A BIT OF ADVICE?**

BE READY TO..

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TO LIVE WELL WITH HIV

If you can, print this resource out so you can write down the four things you'd like to focus on.

If you are part of a peer mentor programme, or support group, you could take this resource to your next session and talk through your four.

You could also take this resource to your next HIV consultation and talk through your four with your healthcare team.

References

1. Terrence Higgins Trust, 2018. About HIV. Available on: www.tht.org.uk/hiv-and-sexual-health/about-hiv/viral-load-and-being-undetectable
Last accessed on: August 2021.
2. Aidsmap, 2018. Life expectancy for people living with HIV. Available on: www.aidsmap.com/about-hiv/life-expectancy-people-living-hiv
Last accessed on: August 2021.

Find Your Four is a campaign developed and funded by Gilead Sciences, in collaboration with the HIV community.

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If you wish to print this guide, please download the desktop printable version of the guide from our website which also has space for note taking.

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