



FIND
your
FOUR

MAKING DECISIONS TOGETHER FOR YOUR HIV CARE

You have the right to be part of the decisions made about your HIV care and treatment options. This means working with your doctor, nurse or pharmacist to make choices that feel right for you. You should feel confident and supported in every decision about your HIV care and treatment.

Your HIV care should fit around your health, wellbeing, personal life and goals.

This guide is to help you think about and discuss what matters to you. It's here to help you be involved in your HIV care.

FIND YOUR FOUR BEFORE YOUR APPOINTMENT

What matters to you right now is important when deciding your HIV care. Have a think about these four areas:

- **Your mind:**

- › Do you feel stressed or have a low mood?
- › How are you sleeping?
- › Do you have any trouble remembering things?

- **Your body:**

- › How does your body feel?
- › Do you have any aches and pains?
- › Do you have any other health conditions that you are managing?

- **Everyday life:**

- › What is happening in your life right now? Think about work, home life and relationships and how they might impact your care.
- › How does your treatment fit into your daily routine (especially when life gets busy or unpredictable)?

- **Future health:**

- › What are your goals for your health as you get older?
- › Have you been able to access any peer support or connect with others who are going through similar experiences?

WRITE DOWN WHAT MATTERS MOST TO YOU FOR EACH OF THESE AREAS SO YOU CAN BE READY TO TALK TO YOUR DOCTOR, NURSE OR PHARMACIST.

Your mind:

Your body:

Everyday life:

Future health:

Remember, you can bring someone to your appointment for support.

DURING YOUR APPOINTMENT

- Let your doctor, nurse or pharmacist know that you've come with thoughts on what matters most to you. These will help guide your conversation.
- Make notes during your appointment to look back on.
- You may hear lots of medical terms. Ask your doctor, nurse or pharmacist to explain these if you don't know what they mean.
- If changes to your HIV care or treatment are discussed, you should feel fully confident that this fits with what matters to you.
- Changes to how your HIV care or treatment are managed should be a shared decision between you and your doctor, nurse or pharmacist.
- If you feel rushed, ask for more time to think about your decision or book a follow-up appointment.

AFTER YOUR APPOINTMENT

- Look back at your appointment notes so you are clear on what was discussed.
- Was the information given in a way that made sense to you? Follow up if you're unsure about anything.
- Talk about your choices with a friend, family member or an HIV peer support group.
- Remember, you can always change your mind about a decision after your appointment.

**SCAN THE QR CODE TO VISIT
WWW.HIVFINDYOURFOUR.CO.UK
FOR SUPPORT TO HELP YOU BE
MORE INVOLVED IN YOUR HIV
CARE AND LIVE WELL WITH HIV.**



REPORTING SIDE EFFECTS

If you experience any side effects from your HIV treatment, you can report them directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or by searching for MHRA Yellow Card in the Google Play or Apple App Store.

You can also tell your doctor, pharmacist or nurse, who can report this for you.