



# Fact Sheet – An HIV Prevention Tool

Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV but who are at substantial risk of getting it to prevent HIV infection by taking a pill every day. The pill (brand name Truvada) contains two medicines (tenofovir and emtricitabine) that are used in combination with other medicines to treat HIV.

## Who Can Take PrEP

see back for who is eligible for NO COST PrEP - in Washington

### For sexual transmission

Anyone in an ongoing relationship with an HIV-Positive Partner; *(For heterosexual couples where one partner has HIV and the other does not, PrEP is one of several options to protect the uninfected partner during conception and pregnancy.)*

Gay or Bisexual Men who have had anal sex without a condom or been diagnosed with an STD in the past 6 months; *and are not in a mutually monogamous relationship with a partner who recently tested HIV-negative*

Heterosexual Men or Women who do not regularly use condoms during sex with partners of unknown HIV status who are at substantial risk of HIV infection *(e.g., people who inject drugs or have bisexual male partners); and are not in a mutually monogamous relationship with a partner who recently tested HIV-negative*

### For people who inject drugs

Anyone who has injected illicit drugs in the past 6 months and who has shared injection equipment or been in drug treatment for injection drug use in the past 6 months.

## Where to Get PrEP

Snohomish Health District has identified providers who are knowledgeable about PrEP and have agreed to prescribe and follow clients who choose PrEP as an important HIV prevention tool. *Please Reference our PrEP Provider List.*

In addition, feel free to consult with your own primary care physician (PCP). Taking PrEP is prevention – so it is similar to screening and monitoring for other conditions, like diabetes or cardiovascular issues. Your doctor may not yet be familiar with PrEP and may need more information. The Centers for Disease Control has the latest information and provider guidance on PrEP at <http://www.cdc.gov/hiv/guidelines/preventing.html>

## Getting Started - what to expect

Your provider will conduct a general physical; test for HIV and other sexually transmitted infections; and see if your kidneys and liver are working well. These tests will show whether PrEP medicines are safe for you to take.

Using PrEP means being able to take the drug every day and return to your provider every 3 months for prescription refills, follow-up blood tests, and to see if your body is reacting well to Truvada. It is important to take your medicine everyday as prescribed.

Truvada *does not* protect against other STIs, like syphilis, gonorrhea or chlamydia. People who use PrEP will also need to use other prevention methods, such as condoms and new needles, to reduce the risk of infection of HIV or other STIs.



# Cost and Insurance Coverage

Washington State Drug Assistance Program (DAP) will cover the cost of Truvada, including prescription co-pays for those who qualify.

## PrEP DAP eligibility is limited to:

1. Individuals with sex/needle sharing partners who are HIV-positive (sero-discordant couples)
2. Gay, bisexual and any man who has sex with men and have one or more of the following risk conditions:
  - A diagnosis of a bacterial STI in the last year
  - Exposure to an STI through a sexual network in the last year
  - Ten or more sexual partners in the last year
  - Used methamphetamine in the last year
  - Unprotected anal intercourse with a partner of unknown HIV-1 status with any of the factors listed above.

Individuals interested in being considered for PrEP DAP should work with their healthcare providers to complete an application. Applications can be downloaded at:

<http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/HIVAIDS/HIVCareClientServices/PrEPDAP.aspx>

Gilead Drug Assistance Program – Gilead who makes the drug also has a drug assistance program for those with a low enough income. Gilead's Patient Assistance Program phone number is (855-330-5479).

There is currently no assistance for clinic appointments or follow up lab tests. However, if you have insurance these costs could be covered – check with your insurance provider regarding coverage for these services.

## Anticipated Laboratory Tests

### Lab tests most likely to be required at the pre-prescription (initial appointment) visit, some will repeat at 3 month follow up visits\*

#### Baseline HIV Test(s)

- third-generation or fourth-generation HIV test
- possibly nucleic acid amplification test (NAAT, viral load) for HIV for: *(Patients with symptoms of acute infection or whose antibody test is negative but who have reported unprotected sex with an HIV-infected partner in the last month)*

Basic Metabolic Panel (follow/up visits test only for – serum creatinine and calculated creatinine)

Urinalysis

Serology for Viral Hepatitis A, B, and C

Screening for Sexually Transmitted Infections

- Nucleic acid amplification test (NAAT) for gonococcal and chlamydial infection — three-site screening (genital, rectal, pharyngeal)
- Rapid plasma reagin (RPR) for syphilis

Pregnancy Test

*(\*this information is provided to assist you in estimating costs/co-pays from your insurance coverage or out of pocket expenses and is not meant to be a comprehensive list – be sure to include office visits in your estimations)*



For more PrEP information or assistance with the WA State drug assistance application  
Call Jessica or David at Snohomish Health District HIV/AIDS Prevention Program  
425-339-5298