

The **CHOICE** is yours to make.

Please ask any other questions to help you make your decision

Take your ARV treatment every day

Keep your viral load undetectable!

Working together to keep you strong and healthy

Your **OPTIONS** for simplified ARV treatment collection and care



Now that your nurse or doctor are satisfied that you are **STABLE** on your ARV treatment—doing well, there are 3 options for getting your ARV treatment supply and care going forward that will make it easier and quicker for you.

BUT you only qualify for these if you keep taking your treatment well (keeping your *viral load undetectable*) and you attend your appointment time .

We do allow you to send a friend or family member if you cannot make your appointment time yourself. So, first try to ask someone you trust to go for you – this will not cause any problems. Second, only if this is really not possible, come as quickly as you can after the missed time.

1. Offsite Clinic Club



You will meet at the appointment time provided at a **venue close to clinic M** for **30-45 min.**

You will get your ARV treatment for the next 2 months (4 months over the end of the year).

You will be part of a **confidential group** of 30 HIV+ patients who meet to collect their ARV treatment.

Meeting with the same group each time, provides you with an opportunity to meet and get to know other people with HIV and share experiences.

You will only have **5 visits** a year:

- * 4 of these visits will be at the venue near the clinic. At the end of one of these visits, the whole group will go across to the clinic and have their blood drawn (viral load test taken). No folders will be drawn so it will be quick.
- * 1 of these visits will be at the clinic. After receiving your ARV treatment in the group, each of the group will be seen by a nurse for your once a year clinical check-up and to give you your viral load result.

2. Community Club



You will meet at the appointment time provided at a **venue close to your home** for **30-45 min.**

You will get your ARV treatment for the next 2 months (4 months over the end of the year).

You will be part of a **confidential group** of 12-20 stable HIV+ patients who come from the same area and meet to collect their ARV treatment.

Meeting with the same group each time, provides you with an opportunity to meet and get to know other people with HIV and share experiences.

You will only have **5 visits** a year:

- * 4 of these visits will be at the community venue.
- * 1 of these visits will be at clinic. After receiving your ARV treatment in the group, each of the group will be seen a nurse for your once a year clinical check-up and to give you your viral load result.
- * 1-3 months before your clinical visit at the clinic, you will required to go to the clinic on your own to have your blood drawn for the viral load test. You will not need to draw your folder, this will be a quick visit at a time suitable to you.

3. Quick pick-up



You will be allowed to collect your ARV treatment quickly at a **special pharmacy window** at the clinic in the early evening.

You will not need to collect your folder or see a nurse every time. You only need to bring your green card.

You will get your ARV treatment for the next 2 months.

You will have a choice of a suitable evening of the week.

You will then be allocated a date. You can come anytime between 16h00-19h30 and go straight to the window.

You will only have **6-7 visits** each year:

- * 4 of these visits will be quick pick-up directly from the pharmacy.
- * At one of these visits before collecting your ARVs or on a different day, you will need to have your blood drawn (viral load test taken). No folders will be drawn so it will be quick.
- * 2 of these visits will be the same as now – where you collect your folder and see nurse for your clinical check-up, your new script and once a year to give you your viral load result.