

## How do you get PrEP?

If you think PrEP may be right for you, talk with your provider. PrEP is only available by prescription.

Because PrEP is for people who are HIV-negative, you will have to get an HIV test before starting PrEP. You may also need to get other tests to make sure PrEP is safe for you.

If you take PrEP, you will need to follow-up every 3 months with repeat HIV tests and STD testing as indicated. You may also need additional testing to monitor your kidney function and cholesterol.

To contact the  
Kaiser Permanente Washington  
HIV & PrEP Program:

**Call 206-326-3609**

- Ext 1: Appointments
- Ext 2: Billing questions
- Ext 3: Labs & PrEP referrals
- Ext 4: Specialty pharmacy

## Is PrEP covered by my insurance?

To find out if your health plan covers PrEP medicines without charge:

- **If you have private health insurance through your employer or have purchased it yourself:** Check with your health insurance company about coverage for PrEP. You can also check their drug formulary (drug list) online to find information about coverage for the medicines approved for PrEP.
- **If you purchased your health plan through HealthCare.gov or a state-based Marketplace:** The NASTAD tip sheet can help you verify whether your plan covers PrEP medicines: <https://nastad.org/resources/prep-special-enrollment-period-infographic>
- **If you are on Medicaid:** Check with your benefits counselor.
- **If you are on Medicare:** Find out which plans cover your medicines at: <https://www.medicare.gov/drug-coverage-part-d/what-medicare-part-d-drug-plans-cover>

Source:

<https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/pre-exposure-prophylaxis>



# PrEP

## Pre-exposure prophylaxis

## What is PrEP?

PrEP (short for pre-exposure prophylaxis) is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. PrEP can stop HIV from multiplying and spreading in the body.

## Why take PrEP?

PrEP is highly effective at preventing HIV when taken as prescribed. PrEP reduces the risk of getting HIV from sex by about 99%. Among people who inject drugs, it reduces the risk by at least 74%. PrEP is much less effective when it isn't taken as prescribed. It must be taken consistently to protect against HIV infection.

## What drugs are approved for PrEP?

There are two different medicines available for PrEP. Each is taken once a day by mouth:

- Truvada® is for all people at risk for HIV through sex or injection drug use. Generic products are also available.
- Descovy® is for sexually active cis-men and transgender women at risk of getting HIV. Descovy® has not yet been studied for HIV prevention for vaginal sex.

A long-acting injectable medicine called Apretude® is also available for PrEP. It's given by a health care provider every 2 months instead of pills taken daily.

## Is PrEP right for you?

PrEP may benefit you if you test negative for HIV and:

**You've had anal or vaginal sex in the past 6 months** and at least one of the following:

- Had a sexual partner with HIV (especially if the partner has an unknown or detectable viral load)
- Not consistently used a condom when having sex
- Been diagnosed with a sexually transmitted infection (STI) in the past 6 months

**OR**

**You inject drugs** and have done at least one of the following:

- Had an injection partner with HIV
- Shared needles, syringes, or other injection equipment.

**OR**

**You've been prescribed PEP** (post-exposure prophylaxis) and have at least one of the following:

- Report continued risky behavior
- Used multiple courses of PEP

If you're assigned female at birth, have a partner with HIV, and are considering getting pregnant, talk with your provider about PrEP. PrEP might be an option to help protect you and your baby from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding.

## Is PrEP safe?

PrEP is safe. No significant health effects have been seen in people who are HIV-negative and have taken PrEP for up to 5 years.

Some people taking PrEP may have side effects, like nausea, diarrhea, headache, fatigue, and stomach pain. These side effects are usually not serious and go away over time. If you're taking PrEP, tell your provider if you have any side effects that bother you or don't go away.

**Please note:** PrEP protects you against HIV, but not against other STIs. Using PrEP with condoms will reduce your risk of getting other STIs.

Additional information is available at: <https://www.cdc.gov/hiv/basics/prep.html>