




# 10 STEPS TO **UNDETECTABLE**

A ROADMAP FOR NAVIGATING TREATMENT





**With this **roadmap**,  
you can stay healthy,  
keep others negative and  
achieve undetectable status  
after your **+ diagnosis**.**





## Learn about your medication

Know about possible side effects and drug/food interactions. Take your medication exactly as prescribed. To make sure you have enough medication, request a 60-90-day supply. Discuss any concerns with your healthcare team.



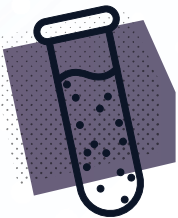
## Choose your healthcare team

If you're dissatisfied with your healthcare team or want to try a different team, start your research now. Remember, it takes time to develop a relationship, so don't get discouraged.



## Get health insurance

Insurance is important – for routine doctor visits and medication. If you're unable to pay, there are no-cost and low-cost health insurance options. Ask your case manager or call 682-285-1155.



## **Understand viral load**

“Viral load” is the amount of HIV in your blood. The higher your viral load, the faster your CD4 cell count will fall, putting you at risk of becoming ill. Stick with treatment to decrease your viral load and stay undetectable.



## **Talk about mental health**

Take your time to process how you're feeling. It can help to talk in confidence with someone you trust. Your healthcare team can connect you with counseling services.



## **Find peer support**

You are not alone. Peer Advocates help PLWH\* have conversations about treatment adherence, medical care, resources and support. Ask your healthcare team about peer support services or HIV support groups.



## Ask about resources

There are many resources available for PLWH, including housing, transportation, food and emergency financial assistance. Check with your healthcare team or the Thriving Guide for all local Tarrant County resources.



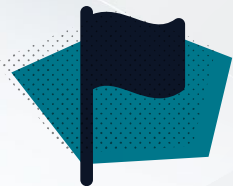
## Take an active role in your care

Learn about HIV care and the importance of nutrition, sleep, exercise and healthy sex habits as well as understanding the impact substance misuse and smoking has on your body. Ask about education material for newly diagnosed.



## Consider telling friends and family

You may decide to talk to your circle of friends and family about your status. If you aren't comfortable telling friends or family, that's okay – not everyone does. It's entirely up to you. Ask your Peer Advocates for guidance and support.



## Become undetectable

The science is clear: with HIV, undetectable equals untransmittable (U=U). You cannot sexually transmit HIV to others when you're undetectable. Once you're undetectable, just keep doing everything you did to stay that way!

Getting to **undetectable** is a journey. Don't let stress be a roadblock. Take some time for yourself, read a book, write in your journal, do things you actually enjoy. Remember to relax – or reach out and ask for help.



The Tarrant County HIV Administrative Agency connects PLWH with resources that put wellness within their reach — from health care and medications to financial support, housing, counseling and much more.

## Find resources, answers and help here:

- + [BeatHIVTC.org](https://BeatHIVTC.org)
- + [BEATHIV@tarrantcounty.com](mailto:BEATHIV@tarrantcounty.com)
- + [682-285-1155](tel:682-285-1155)
- + [TarrantCountyHIV](#)  

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