

A large, stylized white number '8' is centered on the left side of the page. The number is set against a dark purple circular background. To the left of the number, there are white curved lines and a dot, resembling a smiley face '8)'.

# **STEPS** TO YOUR FIRST APPOINTMENT

A roadmap for anyone newly +

A large teal circle is positioned on the left side of the image, partially overlapping a dark blue background. A white curved line starts from the top right of the teal circle and extends towards the right edge of the frame.

# **Be Healthy. Stay Healthy. Start Here.**

**With this roadmap, you've got a plan for what's next, what to do, and where to go to start your journey to undetectable.**

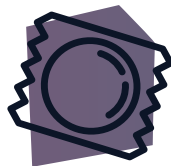
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## Ask About Rapid HIV Medications

People live longer, healthier lives when they start HIV medications as soon as possible. Ask your healthcare team if rapid HIV medications are available at time of diagnosis.

## Educate Yourself

Start educating yourself. A wealth of information is available online, but it's a good idea to consult sources you can trust, including the Tarrant County HIV Administrative Agency website, [BeatHIVTC.org](https://www.beathivtc.org)

## Be Safe

Keep yourself safe. Don't have unprotected sex. Don't share needles. Avoid exchanging blood, semen, vaginal fluid, anal fluid or breast milk.

4



## Get the Right Care

It's important to find a healthcare provider who is committed to helping you feel your best and live well. Several are listed on our website at [BeatHIVTC.org](https://BeatHIVTC.org). Reach out and schedule your first appointment.

5



## Find Trusted Support

Talk with a trusted friend and think about getting counseling or joining a support group. The Beat HIV Tarrant County website features a range of support services that are available locally and nationally.

6



## Let Your Partners Know

Consider letting your partners know about your diagnosis so they can get tested.

7



## Get Ready for Your Appointment

Make sure to gather any documents requested by your care team and complete any requirements they gave you.

8



## Go to Your Appointment

Need help with  
transportation?

+ **Call us at  
682-285-1155**



The Tarrant County HIV Administrative Agency connects + individuals 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](#)  

**Created by Tarrant County HIT HIV**

