

# Pre-Exposure Prophylaxis (PrEP)

FOR HIV PREVENTION

## What is pre-exposure prophylaxis (PrEP)?

PrEP is a daily pill that you can take to prevent HIV infection.

When taken as prescribed, PrEP can reduce someone's risk of HIV infection when exposed by up to 99%.

PrEP does not protect against pregnancy or other sexually transmitted diseases (STDs), so it is best to use PrEP with other risk reduction methods such as condoms and not sharing injection equipment.

## Who can take PrEP?

PrEP is only for people who are HIV negative. Your health care provider will give you an HIV test before prescribing PrEP to make sure you do not have HIV. You must be able to take the daily medication and see your health care provider every three months to be eligible for PrEP.

The Centers for Disease Control (CDC) recommends PrEP for people who have high risk for HIV infection through sex without a condom or by sharing injection equipment.

PrEP could be right for you if you are HIV negative and

- Your sexual partner is living with HIV.
- You have recently had a bacterial STD like gonorrhea, chlamydia, or syphilis.

- You don't always use condoms when you have anal and/or vaginal sex.
- You exchange sex for money, shelter, or other goods.
- You share syringes or other injection equipment.
- You have recently participated in a drug treatment program.
- You live in an area or network with a high rate of HIV infection.

Your health care provider can help you decide if PrEP is right for you.

## Paying for PrEP

Many health insurance and prescription plans cover PrEP. If you have health insurance, it is a good idea to find out what your plan covers and if you need a pre-authorization before starting PrEP.

Financial assistance to cover the costs of Truvada for PrEP may be available through these programs:

- [Gilead Advancing Access Program \(www.gileadadvancingaccess.com\)](http://www.gileadadvancingaccess.com)
- [PAN Foundation HIV Prevention and Treatment Program \(panfoundation.org\)](http://panfoundation.org)

A PrEP Navigator in the Minneapolis/St. Paul metropolitan area can help you sign up for health insurance, assess your current coverage, or sign up for PrEP financial assistance programs.

## PrEP Navigation in Minnesota

The Minnesota Department of Health provides funding to several agencies in the Minneapolis/St. Paul metropolitan area to provide PrEP Navigation services. All services are free and confidential.

A PrEP Navigator can help you:

- Sign up for health insurance.
- Determine your coverage for PrEP.
- Sign up for PrEP financial assistance programs.
- Find a health care provider who prescribes PrEP.
- Accompany you to your first PrEP appointment.
- Offer adherence counseling to help you remember to take PrEP daily.
- Provide a personalized risk assessment and PrEP education.
- Offer other HIV prevention and testing services.

To find a MDH-funded PrEP Navigator in the Minneapolis/St. Paul metropolitan area, please visit the [MDH website: PrEP \(www.health.state.mn.us/diseases/hiv/prevention/prep/index.html\)](http://www.health.state.mn.us/diseases/hiv/prevention/prep/index.html)

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[www.health.state.mn.us/hiv](http://www.health.state.mn.us/hiv)

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