

Medication and appointments - Living with HIV, part 5

Taking all of your medications properly is called **medication adherence**. HIV medicines, called antiretroviral therapy or ART, can prevent or reverse the damage to your immune system.



Life expectancy for people who take their ART medicines properly is nearly the same as for people not infected with HIV.

Your medical appointments are important. Keep track of them the same way you keep track of your other important events or activities.



If possible, arrive a few minutes before your appointment time. Remember that your providers want to give you all the time they can, and it helps if you arrive on time. Keep in mind you may have to wait when you arrive at your appointment.

Before you leave, set up your next appointment. Ask the doctor's office to send you a reminder. This could be a phone call or text message.

Always let your providers know when you need to miss, reschedule, or be late to an appointment.

Be sure to get answers to any questions you have about HIV/AIDS. Your public health department, health care provider, and public library can help.



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