



## Payment

Most insurance plans and state Medicaid programs cover and pay for PrEP. If you are uninsured or underinsured, there are also programs that provide PrEP for free or at a reduced cost. If your urban Indian health clinic, tribal clinic, or IHS facility doesn't fully cover PrEP for you, payment assistance can help.

Check out the following resources to learn more about payment assistance.

Ready, Set, PrEP makes PrEP medication available at no cost to those who qualify.

→ [www.getyourprep.com](http://www.getyourprep.com)

Co-pay assistance programs help lower the costs of PrEP medications. Income is not a factor in eligibility.

→ [www.gileadadvancingaccess.com](http://www.gileadadvancingaccess.com)

WA state has a PrEP assistance program that covers medication, clinical visits, and/or lab costs.

→ [www.doh.wa.gov/prepdap](http://www.doh.wa.gov/prepdap)

## Resources

→ **Find a Clinic that prescribes PrEP:**  
[www.preplocator.org/](http://www.preplocator.org/).

→ **Learn more about HIV:**  
[www.uihi.org/projects/urban-indian-hiv-and-aids/](http://www.uihi.org/projects/urban-indian-hiv-and-aids/)



## For the Love of Native People

### Seattle Indian Health Board

611 12th Avenue South  
Seattle, WA 98144

206-324-9360  
TTY 1-800-833-6384

[www.sihb.org](http://www.sihb.org)

Seattle Indian Health Board is a community health center that provides health and human services to its patients, while specializing in the care of American Indian and Alaska Native people.

Our facilities are accessible to persons with disabilities. Accommodations can be arranged with advance notice by calling 206-324-9360. TTY: Relay 7-1-1 or 1-800-833-6384.

1. Centers for Disease Control and Prevention (CDC). Estimated HIV incidence and prevalence in the United States 2014–2018. HIV Surveillance Supplemental Report 2020;25(1).
2. CDC. (November 2019). Effectiveness of Prevention Strategies to Reduce the Risk of Acquiring or Transmitting HIV. <https://www.cdc.gov/hiv/risk/estimates/preventionstrategies.html>.
3. CDC. (June 2021). PrEP 101 [fact sheet]. U.S. Department of Health and Human Services. <https://www.cdc.gov/hiv/pdf/library/consumer-info-sheets/cdc-hiv-consumer-info-sheet-prep-101.pdf>.
4. CDC. (May 2021). Starting and Stopping PrEP. <https://www.cdc.gov/hiv/basics/prep/starting-stopping-prep.html>.

## MEDICAL SERVICES

# PrEP: The Daily HIV Prevention Medicine



**Seattle Indian Health Board**

# PrEP Up. Protect Yourself. Protect Our Community. End the Spread of HIV.

It is important to get tested for human immunodeficiency virus (HIV) regularly because the virus often has no symptoms in the first weeks to even years, depending on the person. Only 80% of American Indian and Alaska Native people living with HIV know they have the virus.<sup>1</sup> Knowing your status and getting on daily PrEP medicine if you are HIV negative can give you the confidence to have sex and inject more safely.

Pre-exposure prophylaxis (PrEP) is a daily pill for HIV-negative people that protects them from getting HIV. **When taken daily as prescribed, PrEP significantly reduces the risk of getting HIV from sex by about 99%. It also reduces the risk of getting HIV from sharing needles and syringes to inject drugs by at least 74%.<sup>2</sup>**

**PrEP becomes much less effective when it is not taken every day as prescribed.**



## What can PrEP do?

### PrEP protects you from getting HIV from

- HIV-infected blood.
  - This includes blood from using unclean needles and syringes.
- HIV-infected semen and vaginal fluid.
  - This includes condomless anal or vaginal sex when you don't know your partner's status.
  - This includes when a condom breaks during sex.

**PrEP protects you from HIV but NOT other sexually transmitted infections (STIs) or pregnancy.**

Most relatives who want to further avoid getting other STIs combine PrEP with condoms, dental dams, and other prevention options.



## Should I take PrEP?

If you participate in any of the following activities, consider PrEP and talk to your doctor to see if it's right for you!

PrEP may be right for you if you have had anal or vaginal sex in the past six months and

- have a sexual partner with HIV, or
- have not consistently used a condom, or
- have been diagnosed with an STI in the past six months.

PrEP may be right for you if you inject drugs and

- have an injection partner with HIV, or
- share needles, syringes, or other equipment to inject drugs.

PrEP may be right for you if you exchange sex for drugs and/or money.<sup>3</sup>

All relatives receiving PrEP will return to their provider **at least every three (3) months** for repeat HIV tests, PrEP refills, STI screening and testing, and support for medication.<sup>4</sup>