



PrEP is a powerful and effective tool for HIV prevention.

However, not as many American Indian or Alaska Native individuals are taking PrEP or even know about it.

ADDRESSING BARRIERS TO PREP ACCESS AND UPTAKE

Stigma

Feelings of shame and guilt can impact a person's willingness to discuss HIV prevention options such as PrEP with their providers. At the same time, many providers may have negative preconceived notions about PrEP, or may be unfamiliar with it altogether.

SUGGESTIONS:

- Learn more about the benefits and risks of PrEP before visiting your provider in order to help guide the discussion.
- Schedule a special appointment with your Tribal or IHS provider specifically around sexual health and HIV prevention.
- Arrive ready to share information. Bring printed copies of studies, statistics or other PrEP materials to help educate your provider on PrEP.

Cost

Not all forms of insurance provide PrEP coverage, and out-of-pocket expenses can be high (roughly \$13,000 per year). Only a handful of IHS clinics carry PrEP. While PrEP is covered under Medicaid, not all state programs make clear determinations for PrEP use as a form of prevention.

SUGGESTIONS:

- Ask your health insurance carrier about your PrEP coverage options before visiting a provider.
- Find out if your local Tribal or IHS clinic includes PrEP as an HIV prevention medication on their formulary. If not, find out the process for filing for a waiver or exemption.
- If options are limited, talk with your Tribal leaders and health administrator to advocate for greater PrEP access.

GUIDING POINTS FOR YOU AND YOUR PROVIDER WHEN TALKING ABOUT PrEP

- Be honest and clear about your behaviors and sexual history.
- The more your healthcare provider knows, the better decisions you can make together.
- Be ready to educate your provider about PrEP. Don't be discouraged if he/she is unfamiliar with PrEP. It can be a learning experience together.
- Be honest with yourself (and your provider) about committing to a daily pill regimen.
- Don't forget that you must commit to getting an HIV test every three months as well.
- Make sure you and your provider understand the terms and limitations of PrEP coverage options.

Resources to Share with Your Provider

Guidelines for PrEP for HIV within IHS, Tribal and Urban Indian Healthcare Facilities:

https://www.ihs.gov/hiv/aids/includes/themes/newiwhsthem/display_objects/documents/prepguidelines102016.pdf

Fact Sheet: Pre-Exposure Prophylaxis for HIV Prevention:

https://www.cdc.gov/hiv/pdf/PrEP_fact_sheet_final.pdf

PrEP Guide for Medical Providers:

https://aidsetc.org/sites/default/files/resources_files/PrEP%20Provider%20Guide_MW%20AETC%20%20CAP.pdf