The self-management and support website for people living with HIV in the UK

Garry Brough – Terrence Higgins Trust
Telling people

Who to tell?

- Friends
- Family
- Sexual partners
- Healthcare and insurance
- Employers
- UK Border Agency
- Schools and colleges
- Law

Related content

- Various people talk about the effect HIV has had on their relationships

More for me

- Relationships
- Immigration
- Your healthcare rights
- Faith

My health status

- 'The forums are a life line to me. They make a huge difference to my life.'

Register now

In my area

Enter postcode

Search
Staying healthy

Related content
Jason talks about his experience with HIV

More for me
- Chlamydia
- Schools and colleges
- Sexual partners
- Born with HIV

My health status
The forums are a life line to me. They make a huge difference to my life.

In my area
Enter postcode
Search
More services
Information you can trust
the type of exposure. Sharing injecting equipment holds the highest risk of passing on HIV. Some sexual activities have a greater risk of HIV infection than others. (Find out more.)

Being on HIV treatment reduces your viral load and makes you less infectious.

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Your comments

You will need to be logged in before you can leave a comment.

Please log in using the form on the top right of the page or register.

This article was last reviewed on 30/9/2012 by T. Kelaart
Date due for the next review: 30/9/2014
Demonstrating effectiveness
Short Lifecheck

Short Lifecheck quiz

Page 1 of 2: Your knowledge around HIV

What should you aim for your CD4 count to do?
- My CD4 count should go up.
- My CD4 count should go down.
- I don’t know.
- It doesn’t matter.

What should you aim for your viral load to do?
- My viral load should go up.
- My viral load should go down.
- I don’t know.
- It doesn’t matter.

Which CD4 count is normally used to decide when to begin treatment?
- 50
- 150
- 350
- 650

How often do you leave the clinic and realize you’ve forgotten to ask some questions you meant to?
- Never
- Sometimes
- Often
- Always
Online tools and interactive services
Hello garry brough

Did you attend your last HIV clinic appointment?

YES  NO

My life check

You have 2 life checks to complete

CONTINUE

Self-management tools

My medication & reminders

Understand your meds better and set up email or text reminders if you need them.

My CD4 count & viral load

Record your CD4 and viral load results as you get them. Understand them over time.

Ask a health trainer

Get free confidential advice and make well informed changes towards a healthier life.
My medication and reminders

We are piloting up to twice daily medication text reminders in addition to standard reminders by email. We will evaluate how useful people find texts. If we decide to withdraw this service, we will give you as much notice as possible.

My medication

Start date: 05/01/11

3TC/abacavir (known as Kivexa (EU))

Side-effects: See 3TC and abacavir

Notes:
Take with or without food.

Data and image supplied by NAM. Further information on this drug from NAM

This article was last reviewed on 19/1/2011 by T. Kelaart.

Date due for the next review: 1/10/2012.

If you have any questions or comments about this resource, or

Add / edit my medication

My reminders

Reminder 1 of the day

2: Set up your reminders!
My appointments

Set up reminders for everything from your HIV clinic appointment with your consultant/doctor/nurse to meeting with an HIV Health Trainer.

Calendar

It can be hard to remember appointments that may be several months away. Add them to your calendar to get reminders by text or email. You can change the email address and mobile number you'd like reminders to go to in your My details page.

Add an appointment

Appointment type *
Select a category

Date *

Time *

Note

Send an e-mail
Send a text

CANCEL  SAVE
My CD4 count and viral load

Record your CD4 and viral load results as you get them and track them here over time.

Your CD4 count gives a rough indication of the strength of your immune system. Your viral load shows how active HIV is in your body.

For more information see What's happening inside me?

Levels

My latest results

- 02/05/12 700 CD4 count
- 02/05/12 40 Viral load
Peer support
Stories

Experiences that you have chosen to share with us.

We hope you find things to relate to here, and maybe things that inspire you to comment, or even share a story of your own. None of these stories have been edited - it's you in your own words.

Aaron
'So, I am an 18 year old gay male, living in Southeast London with my amazingly supportive boyfriend. I was diagnosed as HIV positive in May 2011 after admission into hospital.'

Andrew
'On May 16th 2003 I was diagnosed as having contracted the HIV virus and therefore am now HIV +ve.'

Andy
'How I discovered I was HIV positive...'

Carlos
'Sending all of you rays of light and hope.'

Craig
'Newly diagnosed in Scotland...'

Dave
'I had a fairly good gay life, and was always happy that I was gay.'

Ian
'I've found talking to people about HIV has changed their views.'

Lee

Related content

Paolo talks about life with HIV...
### Forums

<table>
<thead>
<tr>
<th>Category</th>
<th>Topics</th>
<th>Posts</th>
<th>Last Post</th>
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<td></td>
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<td></td>
<td>Online Health Trainer - Weekly Update</td>
</tr>
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</table>

Current time: 11:12:10.
Your last visit: 25 September 2013 06:47:11.
‘I just wanted to say how much I love this site and all of you that contribute to it. As far as I am aware, I have never spoken to anyone who is HIV+ before. So for someone like me, who has no-one to listen to that truly understands, this is an enormous blessing.’

Donna, London
'I'm just very grateful I found this Forum because from just posting something last night I've had a response to my 9 month quandary within 12 hours, from let's face it, the people with the real know how.

It's been a real struggle but when I speak to others it's amazing how normal it can feel which is really refreshing, because on your own everything can feel so daunting.'

Ads, Manchester
Outcomes and satisfaction survey

- 6,881 emails, April ’13 – March ’14
- 792 responses
- Outcome %’s where improvement possible
myHIV Survey 2013-14: Reported Improvements

- HIV Knowledge: 80%
- Status Discussed: 70%
- Visit Clinic: 85%
- CD4/VL Knowledge: 75%
- Clinic Questions: 60%
- GP Use: 50%
- GP Disclosed: 40%
- Diet: 30%
- Condom Use: 25%
- Exercise: 20%
- Alcohol: 15%
- Smoking: 10%
Outcomes and satisfaction survey

myHIV Survey 2013-14: Reported Improvements

- % able to show improvement
- % of total sample

Challenges:
- HIV Knowledge
- Status Discussed
- Visit Clinic
- CD4/VL Knowledge
- Clinic Questions
- GP Use
- GP Disclosed
- Diet
- Condom Use
- Exercise
- Alcohol
- Smoking
Outcomes and satisfaction survey

myHIV Survey 2013-14: Improvement in HIV Knowledge

- ALL: 70%
- AFRICAN: 90%
- GAY MEN: 85%
- WOMEN: 80%
Outcomes and satisfaction survey

Satisfaction

- myHIV.org.uk
  - 89.6% satisfied or very satisfied

- Forum
  - 80.6% satisfied or very satisfied
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Service Lead for myHIV

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