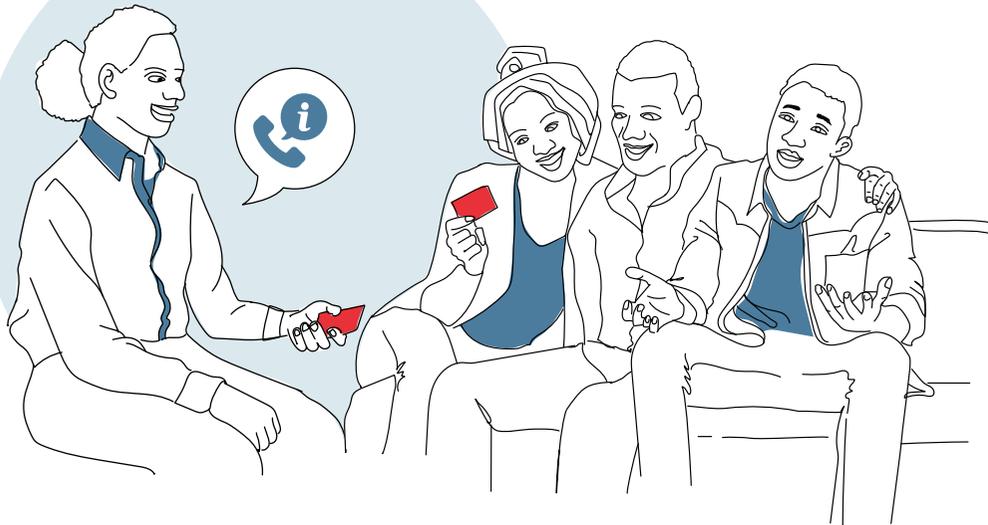


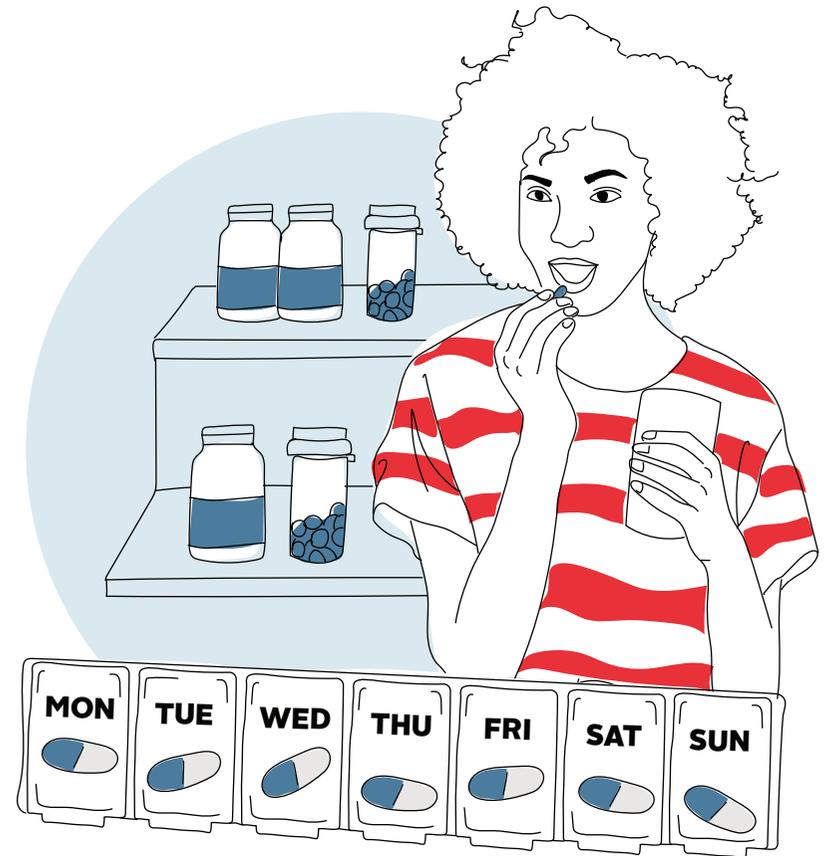
 Can I contact or visit my health care provider between MMD appointments?

Yes. Your health care provider is always there to help. Contact your health care provider if you become ill. You can also contact your case worker, peer support leader or expert client if you need advice or to talk to someone.



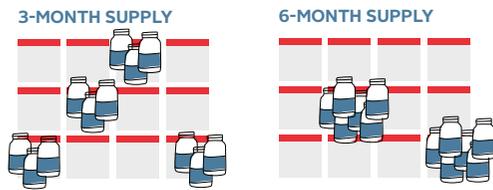
## Multi-Month Dispensing

# of Antiretroviral Medications and You

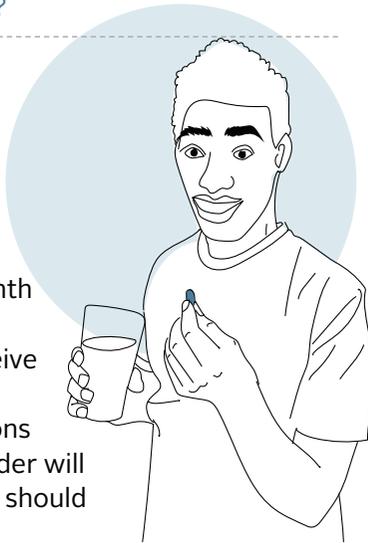


Today's antiretroviral (ARV) medications are safer and better than earlier ARV medications. They help you get to viral suppression faster. They have very few side effects. Best of all, they are easy to take! We can now give you multi-month dispensing thanks to these new ARV medications.

### ? What is multi-month dispensing (MMD)?



Typically, you receive enough ARVs for 1 month when you collect your medications. With multi-month dispensing (MMD), you will receive enough ARV medications for 3 to 6 months. With MMD you do not collect ARV medications every month. You and your health care provider will decide how many months of medication you should collect each visit.



### ? What are the benefits of MMD?

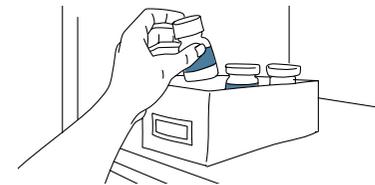
MMD means you do not need to collect ARV medications every month. This will save you time and money each month! You can use the time you save on other things. You might spend more time doing the things you enjoy. Your family can use the money you save for other things, like healthy food, books for school, and other household needs.

### ? Should I worry about transporting that much medication home?

No. At each visit you will receive enough medication for several months of treatment. Be sure to come prepared to take them home with you. Some clients like to use a paper or cloth bag to carry their medications home. They sometimes put their medications in two bags for extra privacy.



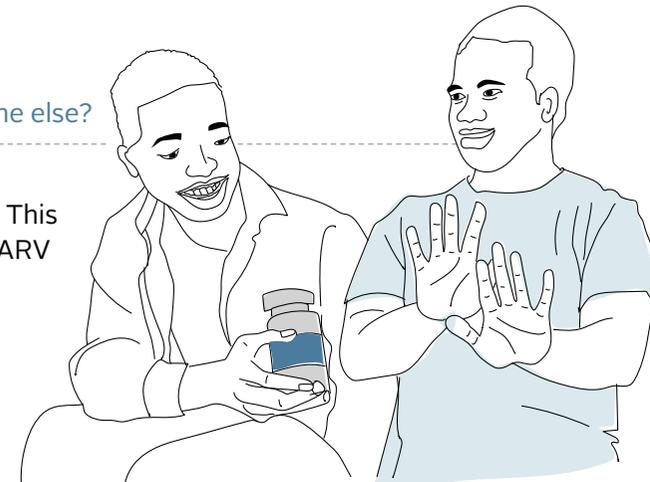
### ? How should I store ARV medications at home?



Store your ARV medications in the same way you always have. Some clients like to put their extra medications in an unmarked box. This also helps to keep your ARV medications safe.

### ? Can I share my ARV medications with someone else?

No. Do not share your ARV medications with anyone else. This could cause you to run out of ARV medications early. When that happens, you may miss a dose and fall ill.



### ? Does MMD change how I should take my ARV medications?

No. The ARV medications are the same. You should continue to take them as directed by your health care provider.

### ? Who is eligible to receive MMD?

MMD is for ART clients over 2 years of age who have reached viral load suppression. Viral load suppression is when the amount of virus in your blood is very low. When the viral load is low, you feel strong and healthy. Some clients may receive MMD before they get to viral load suppression. You and your health care provider will decide if MMD is right for you. And you can always decide later to stop MMD.