



GET PREPPED

Follow the pills to learn how to access PrEP at ARCH

Get in touch with the ARCH Clinic

1. Book an appointment with an HIV Specialist

Appointments are scheduled within few weeks of contacting the clinic.

You must provide an email address where you can be sent the lab requisition form.

2. Get blood work done

You must get blood work done at least **2 weeks** before your scheduled appointment to check for:

- HIV and STIs
- Hepatitis A and B immune status
- Liver, kidney, and bone health

Please note:

This testing can not be done anonymously since the results must be sent to Public Health



Speak with an HIV Specialist

3. Go to your appointment

A specialist will go through your test results and ask you a series of questions to help to determine if PrEP is right for you.

You will be provided with a prescription if both you and the specialist agree that PrEP is the best option for you.

Feel free to ask questions!



We are here to provide you with information about PrEP and your sexual health.

3 months

This is all done under the understanding that you get blood work done and attend regular follow-up appointments every **3 months**

Get PrEP from the pharmacy

4. Contact your Pharmacy

We recommend that you speak to your pharmacist since it may take **up to 2 weeks** for PrEP to come in after it's ordered.

5. Purchase PrEP

Only some health insurance plans cover the cost of PrEP in Ontario, but the availability of generic brands and changes in coverage have made PrEP easier to get than ever before.

PrEP can cost from \$250 to \$1000 a month



Currently, the cost of PrEP is fully covered for:

- People below the age of 25 under OHIP+
- Canadian First Nation Peoples
- Canadian Armed Forces Personnel
- People registered with Ontario Works (OW) and the Ontario Disability Support Program (ODSP)
- Seniors under Ontario's Seniors Drug Plan

Use PrEP as advised and attend regular follow-ups

Remember: it's very important to take PrEP correctly to have the best protection against HIV infection. This includes:

- taking PrEP around the **same time every day**
- taking PrEP **consistently for as long as you need it**

6. Visit the ARCH clinic for follow-up appointments

You will get blood work done and go to a follow-up appointment:

every 3 months

to monitor your health after starting PrEP.

It's important to come to these appointments to get future prescriptions



To book an appointment and for more information

