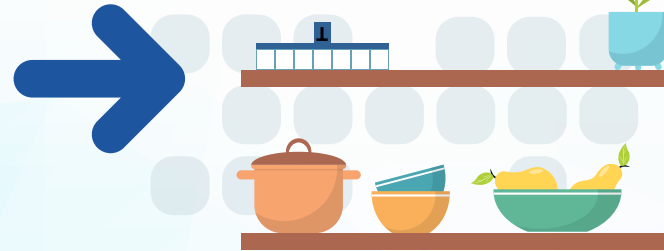


Tips for Taking Your HIV Meds, On Time, All the Time

Use a pill dispenser box to organize your daily medications.



Keep your HIV medicines where you'll notice them, but out of the reach of children.



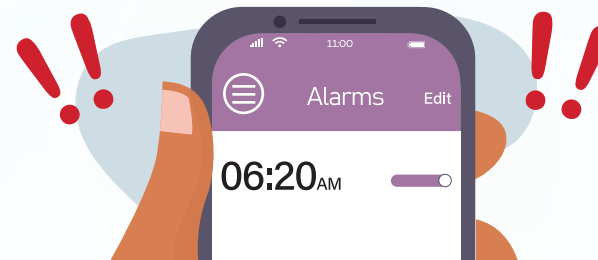
Make taking your medicines part of your daily routine. For example, take your medicines after you brush your teeth every morning.



Don't run out of your medicines. Refill your prescription when your supply gets low.



Set an alarm on your phone.



Ask a friend or family member to remind you.



Keep a back-up supply of your medicine in your bag or at work, so you can take your medicine wherever you are. When you travel, bring more medicine than you think you'll need, in case your plans change.



Remember to keep all your appointments with your doctor. If you're really struggling, your doctor can give you some tips on how to stick to your HIV regimen. Just ask!



For more information on adherence, go to [HIVinfo.NIH.gov](https://www.hivinfo.nih.gov)

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