



HIV Therapy Medication Tracker

Print this PDF and bring it with you on your next visit to your health care professional. Fill it out as appropriate (you can put an N/A in columns that don't apply to you). Then, store the printout in your **Personal Health Folder** so you always have the info on hand if any questions arise (or if you need to share the information with a caregiver). Update the information during each health care visit.

HIV therapy—some facts you should remember:

- You need to be **committed to long-term treatment** to help manage your disease
- **HIV treatment is a combination of more than one medicine**
- **It is important to take your medicine as prescribed to give you the best chance to fight the virus**
- **HIV therapy may have side effects.** You and your health care professional can find a combination that is right for you

| | Date: | Date: | Date: | Date: |
|---|-------|-------|-------|-------|
| Rx number | | | | |
| Name of medicine | | | | |
| How to take (1x, 2x, with food, without food, time of the day) | | | | |
| Notes | | | | |

The goals of your therapy:

- Keep your **viral load undetectable**
- Keep your **CD4 cells high**
- Manage your **overall health**