

Living a Healthy Life...

Your health is important. We can help!

- You are more than your diagnosis.
- You can have a long and healthy life.
- You and your partner can have a family if you want to.
- You will need to take steps now to make sure you stay healthy:
 - Take care of your HIV.
 - Use condoms every time you have sex whether or not your partner has HIV.
 - Take care of your health as a woman. **Regular GYN checkups are more important than ever.**
 - Next time you see your provider, ask about birth control and all the other services you might need. **Don't wait!**
- Encourage your partner to get tested

For more information call:



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- Use condoms every time you have sex whether or not your partner has HIV.
- Encourage your partner to get tested and to have regular GYN check-ups.
- If you and your partner decide you want to start a family, both of you need to let your providers know as soon as possible so that you can both be as healthy as possible before trying to have a baby.

For more information call:

