An adult diagnosed today with HIV who starts antiretroviral therapy can expect to have a similar life expectancy to the average person. Even longer if you stay healthy.

Find a doctor
- Are they certified?
- Do they have other HIV patients?
- Do you feel comfortable with them?

A doctor is very important to help you manage HIV.

Start ART
Antiretroviral therapy (ART) is extremely effective at reducing the amount of virus in your body.

There are more than 45 different options your healthcare provider can choose from.

Treatment goal: undetectable level of HIV measured by regular blood tests. Low viral load means:
- longer life expectancy
- more likely to remain healthy
- lower risk of transmitting HIV

Keep it up
The best way to stay healthy is to remain in treatment.

HIV patients who remain on therapy are the most likely to keep HIV suppressed.

HIV is a manageable condition. Stay in treatment. Stay healthy.

For more HIV resources, visit KnowAboutHIV.com or cdc.gov/hiv