



If you're ages 13 to 64,
this test is for you



It's time to say “yes” to the test

Many people in the United States are infected with HIV—1.2 million, in fact. But many people living with HIV don't know they have it. This means they're not getting the treatment they need. And they may be passing HIV to other people without knowing it.

1 in 8

Americans



living with HIV
don't know
they're infected

What's more, HIV doesn't discriminate.

Anyone can get HIV:

- ✓ People of any gender or sexual orientation
- ✓ People of any age or race
- ✓ People who are married and couples who are committed to each other
- ✓ People who use or are dependent on drugs or alcohol

Who should get tested for HIV?

The Centers for Disease Control and Prevention (CDC) recommends that everyone who is 13 to 64 years old should get tested for HIV at least once.

Why get tested for HIV?

Getting tested is the only way to know for sure if you have HIV. The latest blood tests are quick and convenient. And the results can give you the information you need to protect yourself, your sexual partner(s), and even your future children.

Some people have a hard time talking about their sexual health. Others may think they don't need to be tested. But let's face it—life isn't perfect. Sometimes we make decisions that put our health at risk. So even if you tested “negative” in the past, consider getting tested again.

Negative or positive, your results can help you take action

Most people test “negative” for HIV. If negative and at substantial risk, your doctor may talk to you about treatments to help you stay that way. If positive, you and your doctor can immediately take actions to help you live a longer, healthier life.

Some people, however, should get tested more often:



Injection drug users and their sex partners



People who exchange sex for money or drugs



Sex partners of people who are HIV+



Men who have sex with men



People who are using Pre-Exposure Prophylaxis (PrEP)

Other times to consider getting tested for HIV include:

- Before starting a new sexual relationship
- The CDC recommends universal HIV testing of pregnant women for routine prenatal care
- When you seek treatment for a new sexually transmitted infection

If you do test “positive” for HIV, early treatment can help. Many people with HIV live long, healthy lives, and some don’t even feel sick. They visit their doctors for routine checkups. They also take medicine to prevent HIV from developing into AIDS. If you test positive, you can learn what to do to keep from passing on HIV to the people you love.



Knowing is the first step. Talk to your doctor about getting tested for HIV

If you're 13 to 64 years old, say “yes” to the test

It's as easy as 1, 2, 3

- 1** Ask your doctor to order an HIV test for you
- 2** Let Quest Diagnostics help you get tested by going to [QuestDiagnostics.com/Appointment](https://www.questdiagnostics.com/Appointment)
 - Find a Patient Service Center (PSC) near you
 - Make an appointment to have your test done
- 3** Get your test results delivered directly to your computer, tablet, or smart phone
 - You can view, access, and securely share your health information wherever you go
 - Visit [QuestDiagnostics.com/MyQuest](https://www.questdiagnostics.com/MyQuest) to sign up



To learn more about HIV testing, talk to your doctor or visit [KnowAboutHIV.com](https://www.knowabouthiv.com)



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