



**Bringing  
free & faster  
HIV services  
closer  
to you**



Tired of the too frequent visits to and the long waiting time at the health center?

Well, the Ministry of Health has put a program in place that includes options to help you spend less time and make less frequent visits to the health center. Talk to your health worker about the available options that work for you.



## What options do I have?

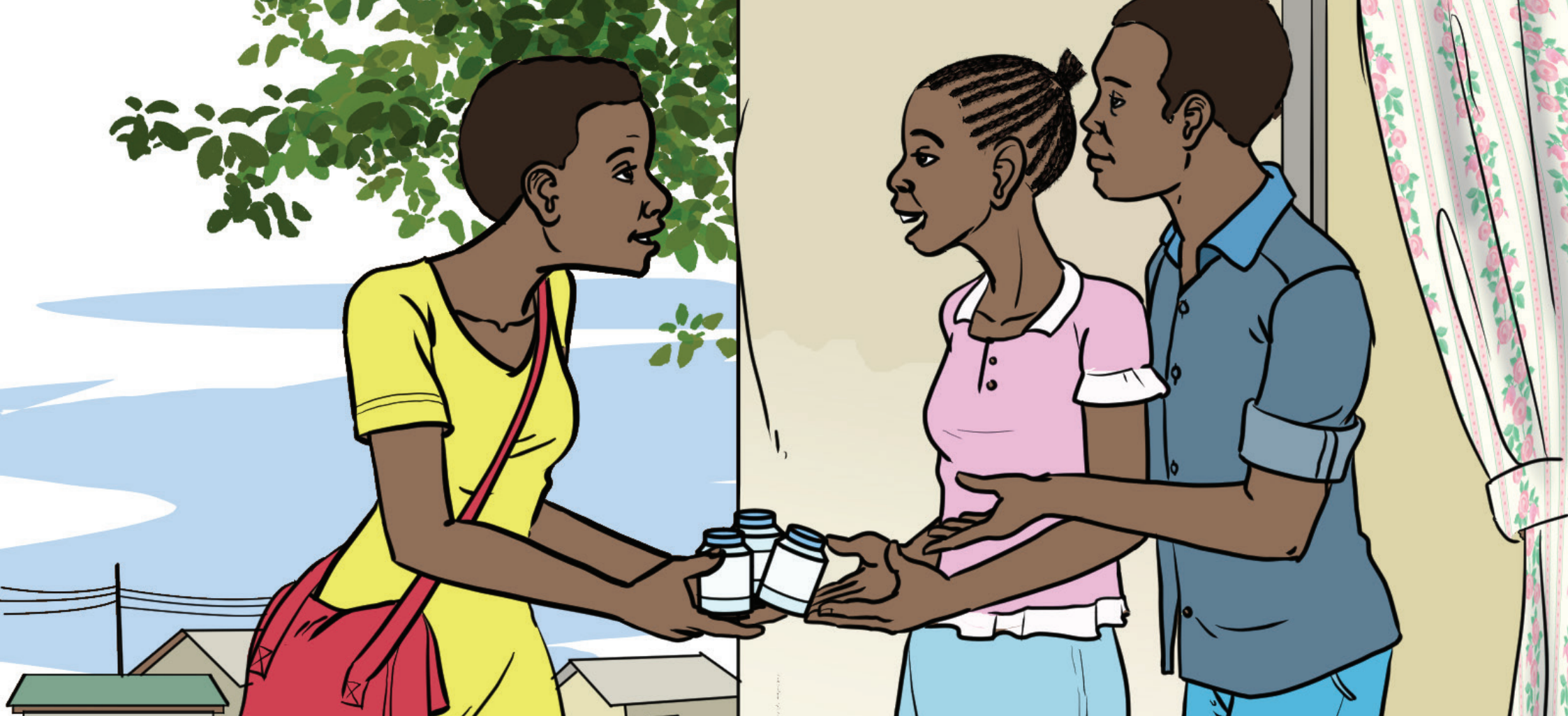
### 1. Pick your free HIV treatment refill at a pharmacy closer to you.

- The Ministry of Health is in partnership with local pharmacies to allow you collect your HIV medicines at a nearby local pharmacy.
- This program is free and voluntary.
- You could receive medicines that cover you for 3 or 6 months at each scheduled visit.
- Services are quick, convenient, and flexible with access up to 7:00 pm from Monday to Saturday.

## 2. Create a group with your fellow HIV positive family members or colleagues and take turns to pick HIV drug refills for each other.

- This program allows People Living with HIV from the same family or community/locality to voluntarily form groups of 3 to 6 people.
- The group members take turns to go the health center to pick HIV drug refills for themselves and the rest of the group members.
- The group members visit the health facility on a rotational basis, such that each group member visits the health center once in every 6 months.
- The group representative undergoes clinical and laboratory review and picks pre-packed drugs for the remaining group members during their clinic visit.





### 3. Community Drug Distribution.

- In this approach, health workers pre-pack medicines and deliver them to a group of clients (10-50 living in the same locality) and appointed at a particular community venue.
- During this visit, the health worker is also able to provide viral load tests, counseling and others.

# Who qualifies to benefit from this program?

People Living With HIV who have been taking HIV treatment (ARVs) for one or more years and meet the following criteria;

- Adults aged 20 years and above.
- Virally suppressed with one virally suppressed tests result.
- Do not have concurrent illness or comorbidities like TB.
- Not pregnant or breastfeeding (if female)
- Not on 3rd line regimens.
- Demonstrates good HIV treatment adherence practices and behavior.
- Voluntarily accepted to join the refill program.



# Benefits of this program.

This program helps you;

- Make less trips/visits to the health center.
- Move shorter distances to get services.
- Spend less time at the service points.
- Spend less on transport to the health center.
- Receive adequate attention from service providers.



# When should you leave the program?

You might fall out of the program and could be referred to receiving your HIV treatment refills from the health center if the following happens.

- If you develop Tuberculosis or any other major illness
- If I you become pregnant because you will need antenatal services
- If your CD4 starts declining or the virus in my blood increases
- If you do not adhere to your treatment and miss appointments.
- If you get any dangers signs.

NB: Always inform your Health Care Provider if you want to opt out c program.

## **Remember:**

- Always maintain group confidentiality and unity.
- Take your medicine as advised by the health worker.
- Report any medicine or service-related challenges or conce to the health workers.
- Talk to your health worker about HIV treatment options that work for you.



Call 0800-211-046 & 0800-100-066,  
text 8080 Toll-free or  
visit a health centre near you  
for more information.