

# READY, SET, PrEP

## READY, SET, PrEP IS PART OF ENDING THE HIV EPIDEMIC: A PLAN FOR AMERICA

The initiative's goal is to reduce the number of new HIV infections in the U.S. by:

**75%**  
IN 5 YEARS

**90%**  
BY 2030

**Pre-exposure prophylaxis (or PrEP) is the use of medication to prevent the acquisition of HIV infection. PrEP medications are used by people who do not have HIV but are at risk of being exposed to HIV through sexual contact.**



**Studies have shown that PrEP medications reduce the risk of acquiring HIV from sex by about 99% when taken consistently.**

Because PrEP medications only prevent HIV infection, condoms are important for preventing other sexually transmitted infections (STIs).

The U.S. Department of Health and Human Services (HHS) Ready, Set, PrEP program makes medications for PrEP available for those who qualify.

### CHALLENGES

Over one million people in the U.S. could benefit from PrEP medications; however, only a small fraction are using it. Many people do not know about PrEP medications and their benefits.

### WHY IS PrEP IMPORTANT?

For individuals who are more likely to be exposed to HIV, PrEP medication is important because it is a safe and effective way to prevent HIV infection. For the public's health, preventing new HIV infections will help end the HIV epidemic. Ready, Set, PrEP is designed to reach those who could benefit from PrEP medication, providing them with information about HIV prevention. When prescribed by a provider, the PrEP medication is available at no cost for those who qualify.



## Who should prescribe PrEP medications?

Any licensed prescriber can prescribe PrEP medications, including both primary care and specialty providers. Prevention of HIV and other sexually transmitted infections is a routine part of primary care. By screening for HIV and assessing risk, clinicians can identify those who can benefit from PrEP medications.

In addition to risk-based testing, routine, opt-out HIV testing for all patients aged 13-64 is recommended by the Centers for Disease Control and Prevention (CDC). The [U.S. Preventive Services Task Force \(USPSTF\)](#) recommends that clinicians screen adolescents and adults aged 15 to 65 years and all pregnant women for HIV infection. Younger adolescents and older adults who are at increased risk should also be screened. (Grade A recommendation).

## What are the guidelines for prescribing PrEP medications?

PrEP medication received a grade A recommendation by the USPSTF in June of 2019, deeming it highly recommended for patients at risk of HIV. [Comprehensive guidelines for PrEP](#) have been developed by the CDC and are accompanied by a [Clinical Providers' Supplement](#).

## What medications are available for PrEP?

At present, FDA has approved two drug formulations for use as PrEP: Truvada® and Descovy®. Each formulation comes as a single tablet that contains a combination of two medicines. Truvada is composed of tenofovir disoproxil fumarate and emtricitabine. Descovy is composed of tenofovir alafenamide and emtricitabine. Both medications are available through the Ready, Set, PrEP program. Please see prescribing guidelines for [Truvada®](#) and [Descovy®](#).

## WHO CAN RECEIVE MEDICATIONS THROUGH THE READY, SET, PrEP PROGRAM?

To receive PrEP medication through the Ready, Set, PrEP program, patients must:

- ✔ **Test negative for HIV**  
It is critically important that patients are tested and confirmed as not having HIV before starting PrEP medication; inadvertently giving PrEP medication to a person with HIV can cause their virus to become resistant to HIV treatment.
- ✔ **Have a valid prescription for PrEP medication**
- ✔ **Not have prescription drug coverage**

In addition, patients will need to connect with their healthcare provider at least once every three months for a follow-up that includes testing for HIV, and demonstrate every six months that they still meet the above-outlined eligibility criteria for continued participation in the program.

## WHAT ADDITIONAL SUPPORT AND ON-GOING ASSESSMENTS ARE REQUIRED FOR PATIENTS ON PrEP?

PrEP medication should be prescribed as part of a combination prevention plan that includes both regular HIV testing and assessment for potential side effects of PrEP medication and for sexually transmitted infections, as well as counseling on adherence, sexual behaviors and condom use.

Additional assessments include hepatitis B and renal testing.

## HOW CAN PATIENTS PARTICIPATE?

- ▶ If PrEP medication is a good option for your patients, they can choose the application process that is most convenient:
  - [GetYourPrEP.com](#)
  - By phone: 855.447.8410
  - In person at a healthcare provider's office, including a [community health center](#) where trained staff can assist.
- ▶ Patients can receive PrEP medication at participating [pharmacy locations](#) or through mail.

## HOW MUCH DOES IT COST?

If patients meet the requirements, all prescription costs are 100% covered. However, the cost of necessary clinic visits and lab tests may vary based on patient income and insurance coverage.



Ending  
the  
HIV  
Epidemic



→ To learn more and apply visit the Ready, Set, PrEP website at [GetYourPrEP.com](#) or contact 855.447.8410.

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