

PrEP 101



What is Pre-exposure Prophylaxis (PrEP)?

PrEP is a prevention method for people at substantial risk for HIV infection. [Truvada](#), the PrEP medication, was approved in July 2012. It protects against HIV infection similar to the way birth control protects against pregnancy. However, PrEP is not a cure for HIV and it does not protect against sexually transmitted infections.

Is PrEP right for you?

Are you HIV negative? Are you in a relationship with a partner who is HIV positive? Do you use condoms sometimes or not at all? Can you remember to take 1 [Truvada](#) pill daily?

Where can you find PrEP?

Doctors and nurse practitioners here in Memphis can prescribe PrEP for you. You and the provider can discuss PrEP to decide if it will be a useful HIV prevention method for you. **[A list of PrEP providers can be found on the next page.](#)**

Is PrEP effective at preventing HIV?

Studies have shown that if taken consistently every day, [Truvada](#) is very effective in reducing HIV risk by more than 99%. If a dose is missed, the level of HIV protection may begin to decrease.

How much does PrEP cost?

Without insurance, PrEP can cost \$1,800 a month; however, most private health plans may cover the cost of [Truvada](#). Be sure to check with your insurance company for pricing of the medication and your copay. It is important to remember that frequent office visits and lab tests should be included in calculating PrEP costs. There is payment assistance available from Gilead, makers of [Truvada](#), for those who do not have health insurance. Call [1-855-330-5479](tel:1-855-330-5479) or visit www.truvada.com for more information.

Call a provider today to see if PrEP is right for you.

Provider	Address/Number	Insurance Notes
Nikole Gettings, MSN, CNM	CHOICES 1726 Poplar Ave. Memphis, TN 38104 901-274-3550	TennCare is accepted, not Amerigroup. Patients with insurance receive help with precertification. Patients without insurance receive help with applying for payment assistance.
Allison Stiles, MD, FAAP	Memphis Internal Medicine and Pediatrics 1325 Eastmoreland Ave.- Suite 585 Memphis, TN 38104 901-276-0249	TennCare is not accepted. Most patients have private insurance. Cash payments are accepted.
Shelley Ost, MD	UT Methodist Physicians 57 Germantown Court-Suite 100 Memphis, TN 38018 901-758-7888	TennCare and private insurance are both accepted.

