

# My HIV Health Record

Date: 8.1.2013

1a. How long I've been infected with HIV: 21 years

1b. How I was infected with HIV:  Born with HIV  Unprotected sex  Injection drug use  Blood transfusion

1c. How I found out that I have HIV: My dad told me

2a. Who I've told about my HIV status: I told my close friends and my girlfriend

2b. Who else knows about my HIV status: My dad knows, and he told my coach

3. I've had:  Oral sex with female(s)  Anal sex with female(s)  Vaginal sex with female(s)  
 Oral sex with male(s)  Anal sex with male(s)  
 I'm a virgin (I've never had oral, anal, or vaginal sex)

4. How many of my partner(s) know I have HIV:  All  Some  None

5a. I use condoms for oral sex:  
 Never (0%)  Rarely (<10%)  Occasionally (30%)  Sometimes (50%)  Frequently (70%)  Usually (90%)  Every time (100%)

5b. I use condoms for anal sex:  
 Never (0%)  Rarely (<10%)  Occasionally (30%)  Sometimes (50%)  Frequently (70%)  Usually (90%)  Every time (100%)

5c. I use condoms for vaginal sex:  
 Never (0%)  Rarely (<10%)  Occasionally (30%)  Sometimes (50%)  Frequently (70%)  Usually (90%)  Every time (100%)

6. How long I've been on HIV meds: My whole life

7. HIV meds I'm currently taking + when:  
Name: Prezista  
# of pills I take each time: 1  
When I take it:  Morning  Afternoon  Evening

Name: Norvir  
# of pills I take each time: 1  
When I take it:  Morning  Afternoon  Evening

Name: Isentress  
# of pills I take each time: 1  
When I take it:  Morning  Afternoon  Evening

Name: Truvada  
# of pills I take each time: 1  
When I take it:  Morning  Afternoon  Evening

8. On average, I take all of my meds:  
 Never (0%)  Rarely (<10%)  Occasionally (30%)  Sometimes (50%)  Frequently (70%)  Usually (90%)  Every time (100%)

9. Problems that get in the way of taking my HIV meds:  
 Getting the meds  Unable to pay for the meds  Trouble swallowing the pills  
 Too many pills to take  The taste of the pills  Side effects from the pills  
 My mood/emotions  Forgetting to take the meds  Feeling ashamed/worried about stigma  
 Drinking alcohol  Using drugs  Other: \_\_\_\_\_