



Combining treatment options is better

Today there are many new ways to treat HIV that can make it harder for the virus to make you sick. New treatments can be used together in many ways. Some may work better for you. Others may fit better with your lifestyle. You and your doctor should decide what works best for you.

It's important to stay on your treatment plan

Whatever treatment options you and your doctor have chosen, it's important to stay with them as long as you can. Choosing a treatment plan that will work for you is important because stopping treatment, even for a short time, can allow HIV to reproduce. Keeping up your treatment isn't always easy. Sometimes, while they are working, they may make you: feel tired; have headaches; feel sick to your stomach; have diarrhea; break out in a rash.

Ask your doctor about ways to make you feel better.

PART TWO: LIVING WITH HIV/ACCESSING TREATMENTS

Staying well involves taking my medications, but also taking care of myself. And for that, you can draw on your traditions. They are a great source of guidance and strength.

Randy Jackson, Manitoba

Special Health Benefits For First Nations and Inuit

First Nations and Inuit people living with HIV/AIDS have special access to HIV/AIDS treatments through Health Canada's First Nations and Inuit Health Branch (which was formerly the Medical Services Branch). The First Nations and Inuit Health Branch provides prescription and non-prescription drugs for First Nations and Inuit people through its Non-Insured Health Benefit (NIHB) program. These services are free to First Nations and Inuit people and are a First Nation and Inuit right.

Which drugs are covered?

The Non-Insured Health Benefits program will pay for prescription drugs and over-the-counter medicines that are on the NIHB Drug Benefit List and have been prescribed by your doctor.

