HIV Then

HIV Now

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" HIV hasn't stopped me from doing everything I ever wanted to do.

Michael's Story

"

Getting educated on the facts about what it means to be HIV-positive empowered me. Connecting to other people living with HIV was invaluable. Their experience, strength, and hope inspired me so much. It helped me to think that if they can live amazing, successful lives, then maybe I could too.

HIV hasn't impeded my life like I thought it would and HIV hasn't stopped me from doing everything I ever wanted to do. I always wanted to do a triathlon. So I did.

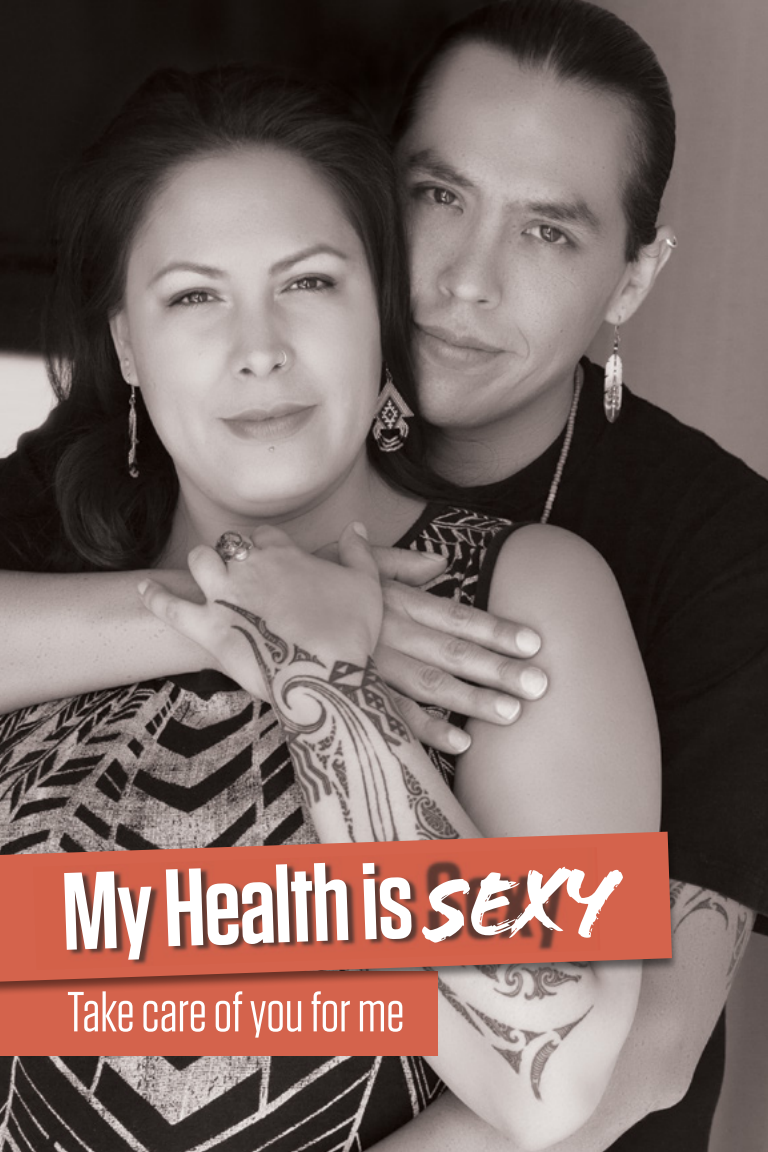**To hear Michael's full story and learn about HIV visit:** **MyHealthisSexy**.com

First Nations Health Authority
Health through wellness

Interior Health
Every person matters

My Health is *SEXY*

Take care of you for me

One in four people who are living with HIV don't know it

» Knowing your HIV status is sexy. It's an important part of a healthy sex life and a good relationship.

» Being responsible for your own health builds stronger communities.

» Treatment is available at no cost and can suppress the virus, prevent transmission, and help people live long and healthy lives.

» Health outreach nurses are available across the region to provide discreet and confidential HIV testing. They can meet you wherever you are. Call 1-866-778-7736.

Find out more about HIV and where to get confidential testing at: MyHealthisSexy.com

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My Health is *HOW I SHOW MY LOVE*

Take care of you for us

> ❝
>
> **After many years together, we're still going strong. We're well because we take care of each other's health.**
>
> **Dr. Evan Adams**, Chief Medical Officer, First Nations Health Authority

» Even if you're in an established relationship, an HIV test is a good chance to check in with your mate, your doctor and yourself. It should be a routine part of your health care.

» Treatment can suppress the virus, prevent transmission to partners, improve overall health, and is available at no cost.

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