



COME TO ALL YOUR
CLINIC APPOINTMENTS.

Take control of your health by seeing
your health care providers regularly.



**STAY
CONNECTED**
For Your Health

www.hivcenter.org



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COME TO ALL YOUR
CLINIC APPOINTMENTS.

Stay Healthy, Live Longer.

HOW TO STAY CONNECTED

- Come to all of your scheduled clinic appointments.
- Work as a team with your health care providers.
- Talk openly and honestly with your health care team.
- Ask questions that are important to you.
- Let us know right away if your contact information changes.



IT IS IMPORTANT TO COME TO ALL OF YOUR CLINIC APPOINTMENTS

- We can check your health and make changes to your treatment if needed.
- We can give you the best medical care.
- You can ask questions and share your healthcare concerns.
- You can take control of your health.

Research shows that keeping your regular clinic appointments can help you live a healthier, longer life.

REMEMBER—it is important to come to all of your clinic appointments whether you feel sick or feel well.

WAYS TO REMEMBER YOUR CLINIC APPOINTMENTS



Write all of your appointments in a calendar.



Put reminders or alerts in your cell phone or download a reminder app.



Put your reminder card in a place where you will see it often.



Ask a friend or family member to help you remember.

If something comes up and you can't keep a clinic appointment, please call us. It is important to reschedule if you can't make an appointment.