

PEP for Utah



What is PEP?

PEP is short for post-exposure **prophylaxis**. PEP is a 28-day medicine that is taken after an exposure to HIV to reduce your chances of being infected.

Post-exposure prophylaxis: a 28-day medicine taken after HIV exposure to reduce chance of infection



Take **ALL doses** exactly as prescribed



START SOONER, ideally within 24 hours, must start within 72 hours (3 days)



EMERGENCY USE ONLY, not for regular use



Department of Health &
Human Services
Population Health

Who needs PEP?



Sexual

Unprotected sex or condom failure with someone who has or may have HIV



Needle

Shared needles or injection equipment



Occupational

Healthcare workers exposed to HIV-positive blood

PEP Medications

Preferred: Biktarvy

1 pill per day for 28 days

Simpler regimen, fewer side effects

Alternatives:

Truvada + Tivicay (2 pills/day)

Truvada + Isentress (3 pills/day)

Descovy + Tivicay (2 pills/day)

Descovy + Isentress (3 pills/day)



Timeline

Start within 72 hours of exposure

PEP must be taken for the full 28 days to be effective

PEP: effectiveness & safety

81%

Effective when
started within 72
hours



Start within 72 hours



Take daily for 28 days



Earlier = more effective



Follow-up HIV test

Safe

PEP is generally well-tolerated | Short-term use
(28 days)

Possible side effects



Nausea

Fatigue

Headache

Diarrhea

Side effects are mild and typically resolve quickly

Paying for PEP & where to get it

Insurance coverage

PEP prescriptions and medical visits including lab tests are covered by most insurance companies, including Medicaid.

Assistance programs

Uninsured or underinsured patients can access PEP for free or reduced cost through patient assistance programs.

Where can I get PEP?



**Emergency
room**



**Urgent
care**



**Doctor's
office**



**Some
pharmacies**

Clinics in Utah to access PEP



University of Utah PrEP clinic

Call their office Monday thru Friday to access rapid start PEP.

<https://healthcare.utah.edu/infectious-diseases/hiv-prep>

(801) 585-2512

Monday, Tuesday, and every other Saturday

Appointment required

Uninsured

Free

UAF Legacy Health

<https://www.uaflegacyhealth.org/about>

(801) 823-1988



Monday: 8:00AM–5:00PM, 6:00–8:00PM

Tuesday: 8:00AM–5:00PM

Wednesday: 8:00AM–5:00PM

Thursday: 8:00AM–5:00PM, 6:00–8:00PM

Friday: 8:00AM–5:00PM

Appointment required

Accepts the following insurances: Blue Cross Blue Shield, Select Health, Cigna, Aetna, EMI, PEHP, Medicaid, Medicare, Tricare-West, UHC, UMR, Motiv Health

Clinics that specialize in PEP (continued)

Planned Parenthood

Call your local office to see if they are able to prescribe PEP in a timely manner.

<https://www.plannedparenthood.org/planned-parenthood-utah/get-care/visit-info/pep>

Monday 10 am - 6 pm

Tuesday 9 am - 6 pm

Wednesday 9 am - 6 pm

Thursday 11 am - 7 pm

Friday 9 am - 5 pm

Saturday 9 am - 5 pm

Sunday Closed



Appointment required | Private insurance, Medicaid | Sliding fee scale

Tele-health

Tele-health for PEP is not the best option because of the time sensitive nature of prescribing

Pharmacy PEP



Apothecary Shoppe

<https://www.apothecaryshoppeut.com/>

(801) 521-6353

82 1100 E Suite 104, Salt Lake City, UT 84102

Mon - Fri: 09:00 AM - 5:00 PM

Sat: 09:00 AM - 1:00 PM

Sun: Closed



Provider locator

HIV.org houses a provider locator to find nearby clinics and hospitals that offer PreP and PEP services

<https://locator.hiv.gov/>

[Find a Provider](https://locator.hiv.gov/)

ASK US ABOUT



Need more help? Still need help navigating?
Contact Lawanda Esquibel with DHHS at (385) 315-4763
hivandme.com/prevention