

PrEP for Utah

What is PrEP?

PrEP is short for pre-exposure prophylaxis. PrEP is a medicine you take before you're exposed to HIV to help reduce your chances of getting it. For PrEP to work, it needs to be taken correctly. This means having enough PrEP in your body at the times when you need protection. If taken correctly, PrEP can lower your chances of getting HIV by up to 99%.



99%
effective

What are my options for PrEP?

Currently, there are two daily oral medications for PREP and two long acting injectable medications.

Oral medications:

Taken as 1 pill once per day



**Emtricitabine/tenofovir
disoproxil fumarate (Truvada)**



**Emtricitabine/tenofovir
alafenamide (Descovy)**



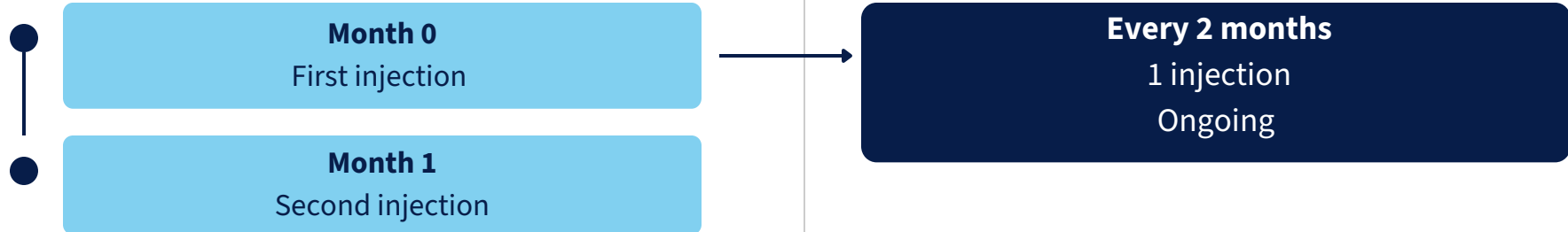
Dosing timeline comparison

Start-up phase and maintenance phase

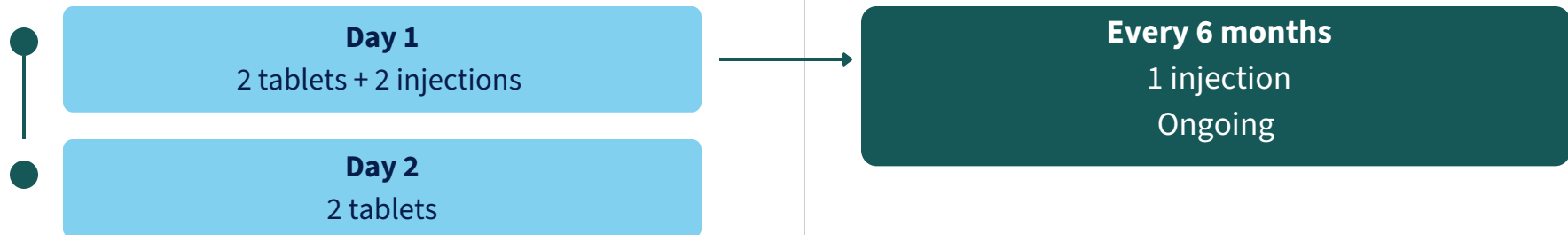
Start-up phase

Maintenance phase

Cabotegravir (Apretude)



Lenacapavir (Yeztugo)



Maintenance frequency comparison

Apretude

2 months

Lenacapavir

6 months

Does PrEP work?

PrEP is highly effective for preventing HIV when taken as prescribed.

99%

PrEP reduces the risk of getting HIV from sex by about 99%.

74%+

PrEP reduces the risk of getting HIV by at least 74% among people who inject drugs.

Is PrEP safe?



PrEP is generally safe. No significant health effects have been seen in people who are HIV-negative and have taken PrEP for long periods of time.

Possible Side Effects

Nausea

Diarrhea

Headache

Fatigue

Stomach Pain

These are generally not serious and go away over time. Contact your health provider if you experience serious or long-lasting side effects.



PrEP does not prevent other STIs. Combining PrEP with condoms reduces your risk of getting other STIs.

Paying for PrEP



- PrEP prescription and medical visits, including lab tests, are covered by almost all insurance companies, including Medicaid.
- If you are uninsured or underinsured, there are other assistance programs that provide PrEP for free or at a reduced cost.

Where can I get PrEP?

PrEP is only available by prescription. Any licensed health care provider who can write prescriptions can prescribe PrEP. It does not require seeing a provider who specializes in infectious diseases. Some pharmacies in Utah are able to prescribe PrEP—check with your local pharmacy.

Doctor's office



Some pharmacies



Online



Clinics that specialize in PrEP in Utah



University of Utah PrEP clinic

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

(801) 585-2512

Monday, Tuesday, and every other Saturday

Appointment required

Uninsured

Free



Salt Lake County Health Department

<https://www.saltlakecounty.gov/health/id-clinic/prep/>

(385) 468-4242

Fee includes cost of labs

Medication is covered by insurance, staff can help enroll in patient assistance programs



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 PrEP (continued)

Planned Parenthood

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

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



Online Telehealth



Intermountain Health PrEP on demand

<https://intermountainhealthcare.org/services/virtual-care/prep-pep>

\$49 + cost of medication* and lab work

FSA / HSA Eligible

For patients 18 and older in Utah and Idaho

Complete the health assessment form

Consult with a pharmacist over the phone

PrEP is shipped to your door

***PrEP is self-pay only**



Qcare

<https://qcareplus.com/>

Free Q Care Plus PrEP prescriptions and services are free for nearly all their patients.



Mistr

<https://heymistr.com>

MISTR's service is completely free. They accept all insurance plans except Kaiser. If uninsured, they help enroll in patient assistance programs for little to no cost.

Pharmacy PrEP



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/>

ASK US ABOUT



Need more help?

Contact Lawanda Esquibel with DHHS at (385) 315-4763

hivandme.com/prevention