



## Philadelphia FIGHT PrEP Program: Initial Adherence Plan



Patient: \_\_\_\_\_

Provider: \_\_\_\_\_

Date: \_\_\_\_\_

This document is designed to help new PrEP users develop a plan for taking the medicine. The full adherence plan can be written on the back of this document and on the provided **#myPrEPplan** card.

1. At what point each day will it be easiest to take the pill? Will it be different for weekdays and weekends?
2. Here are some methods you can use to remember to take the pill each day. Circle the ones that could successfully help you remember.
  - Taking the pill at the same time each day as another regular medication
  - Setting a daily alarm on your cell phone or watch as a reminder
  - Using a pill box
  - Place sticky notes as reminders in places you will see them
  - Writing a reminder in a calendar/daily planner
  - Scheduling medication refills at the same time
  - Carrying an emergency stash in your backpack or bag
3. Where will you store the pills each day?
4. Do you feel there are any additional barriers to taking the pill daily? If so, please explain:

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

**Written Patient PrEP Adherence Plan**