

# PrEP

## *For HIV prevention*

### About PrEP

PrEP (pre-exposure prophylaxis) is medication recommended for HIV-negative individuals at high risk for getting HIV (Human Immunodeficiency Virus) through sex or injection drug use. When taken as prescribed, PrEP can reduce the risk of getting HIV through sex by about 99%, and from injection drug use by at least 74%.

### Is PrEP right for you?

PrEP may be appropriate for you if you are HIV-negative and you ...

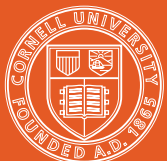
- have a sexual partner who has HIV
- engage in other sexual activity that puts you at high risk for HIV infection (e.g., inconsistent condom use for vaginal or anal sex with partner whose HIV status is unknown)
- have had repeated use of PEP\* for possible HIV exposures
- share needles or other drug injection equipment with others

Before initiating PrEP, you will need to undergo HIV and other testing. While taking PrEP, you will need to visit your health care provider every three months for repeat testing and prescription refills (telehealth appointments and self-testing may be feasible; please ask your provider).

*Over*

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## Types of PrEP

- **Truvada** – daily pill prescribed for all individuals at high risk of contracting HIV
- **Descovy** – daily pill prescribed for individuals at high risk of contracting HIV, except for individuals assigned female at birth who are at risk of getting HIV through vaginal sex

*\*PrEP vs. PEP: PrEP is taken BEFORE exposure, and is appropriate for people who are at ongoing risk for HIV. For those who are not on PrEP and who may have been exposed to HIV in the last 72 hours, a medical clinician may prescribe PEP (post-exposure prophylaxis) to help prevent HIV infection.*

## Paying for PrEP

Most health insurance plans (including Cornell's Student Health Plans) cover PrEP prescriptions, with the exception of a copay. There are some programs that provide PrEP for free or at reduced cost, or cover prescription copays. To learn more, visit [cdc.gov](https://www.cdc.gov) and search "paying for PrEP."

If you are on a parent's health insurance plan, you can learn about options to protect your privacy at [health.cornell.edu/billing#confidentiality](https://health.cornell.edu/billing#confidentiality).

## Getting PrEP at Cornell Health

Schedule an appointment with a Cornell Health medical clinician to discuss whether PrEP might be right for you: call 607-255-5155. PrEP prescriptions can be filled at the Cornell Health pharmacy or your pharmacy of choice.

## Learn more about PrEP

Visit the Centers for Disease Control & Prevention (CDC) website at [cdc.gov/hiv/basics/prep.html](https://www.cdc.gov/hiv/basics/prep.html):

