



Ready to begin again?

Tips for talking with your healthcare provider about restarting HIV treatment

Model portrayals

BIKTARVY is a complete, 1-pill, once-a-day prescription medicine used to treat HIV-1 in adults and children who weigh at least 31 pounds. It can either be used in people who have never taken HIV-1 medicines before, or people who have received HIV-1 medicines in the past, or to replace their current HIV-1 medicines, and whose healthcare provider determines they meet certain requirements.

BIKTARVY® does not cure HIV-1 or AIDS. HIV-1 is the virus that causes AIDS.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about BIKTARVY?

BIKTARVY may cause serious side effects:

- ▶ **Worsening of hepatitis B (HBV).** Your healthcare provider will test you for HBV. If you have both HIV-1 and HBV and stop taking BIKTARVY, your HBV may suddenly get worse. Do not stop taking BIKTARVY without first talking to your healthcare provider, as they will need to monitor your health, and may give you HBV medicine.

Please click to see [Important Facts about BIKTARVY](#), including important warnings, on page 6.



BIKTARVY®

bictegravir 50mg/emtricitabine 200mg/
tenofovir alafenamide 25mg tablets

Be open and honest with your healthcare provider about why you may have stopped your HIV medicine

It's important to share anything that stopped you from taking your HIV medicine so you and your healthcare provider can work together to find the best path forward for you. Consider these questions about your previous experience with HIV treatment and share your answers with your healthcare provider during your next appointment.

- 1 Did you have any issues with your previous medicine?**

☐ I had no issues

☐ I had some issues, such as...

☐ I had many issues, such as...
- 2 Did the medicine fit with your routine?**

☐ It was a great fit because...

☐ It was an OK fit because...

☐ It was a bad fit because...
- 3 Did you experience any side effects?**

☐ I experienced side effects, but could manage them

☐ I found the side effects difficult to manage
- 4 Were you comfortable with the size and number of pills you had to take?**

☐ Yes, I was comfortable

☐ No, I was uncomfortable with...
- 5 Did the medicine's food requirements work with your routine?**

☐ Yes, they worked

☐ No, they didn't work with...
- 6 Was cost a factor in stopping your medicine?**

☐ No, cost was not a factor

☐ I'd be interested in resources

☐ Yes, I need resources to help
- 7 Were there any other issues you had with the medicine?**

☐ Yes, I had issues with...

☐ No, I had no other issues
- 8 Did you experience any life changes that made it difficult to stay on your medicine (ie, housing, job, or relationships)?**

☐ No, I did not experience any significant life changes

☐ I experienced some life changes that contributed to me stopping

Continue to **page 3** for more information to help guide your conversation about restarting treatment with your healthcare team.

Some **helpful questions to ask your healthcare provider** about restarting treatment:

Before asking about BIKTARVY®, talk to your healthcare provider about anything stopping you from staying on treatment so that you can work together to find the next best step for you.

- ◆ I stopped taking my treatment on or about _____. Can I still get back to undetectable if I restart and keep taking my medicine as prescribed?
- ◆ What are the risks associated with staying off treatment or skipping doses?
- ◆ The biggest thing that might prevent me from sticking to HIV treatment is _____. How can we work to address that?

Helpful questions to **ask your healthcare provider** when considering **restarting HIV treatment with BIKTARVY**:

Use the questions below to help guide your conversation about restarting treatment and whether BIKTARVY is right for you. Print this form or bookmark it for your next appointment. Then, check the questions off as you discuss them with your healthcare provider.

Is BIKTARVY an option for me to restart treatment?

How might BIKTARVY be different than other HIV medicines I've taken in the past?

How is BIKTARVY taken and how often?

How does BIKTARVY work?

What are the possible side effects of BIKTARVY?

Could BIKTARVY interact with any other medicines I'm taking?

What is resistance and should I know about resistance with my HIV treatment?

If I start taking BIKTARVY, how often should I expect to see you for check-in appointments?

IMPORTANT SAFETY INFORMATION (cont'd)

Who should not take BIKTARVY?

Do not take BIKTARVY if you take:

▶ dofetilide ▶ rifampin ▶ any other medicines to treat HIV-1

What are the other possible side effects of BIKTARVY®?

Serious side effects of BIKTARVY may also include:

- ▶ **Changes in your immune system.** Your immune system may get stronger and begin to fight infections that may have been hidden in your body. Tell your healthcare provider if you have any new symptoms after you start taking BIKTARVY.
- ▶ **Kidney problems, including kidney failure.** Your healthcare provider should do blood and urine tests to check your kidneys. If you develop new or worse kidney problems, they may tell you to stop taking BIKTARVY.



Additional questions and notes:

Use this space to write out any other questions you want to discuss with your healthcare provider. You can also use this area to jot down notes during your appointment.

There are other members of your healthcare team who can help support your restart journey

Know that there are many professionals out there who want to support you as you restart treatment, such as:

- ◆ Case managers
- ◆ Social workers
- ◆ Nurses
- ◆ Counselors
- ◆ Pharmacists
- ◆ Peer advocates

When you're ready, they may be able to help you find a healthcare provider who can work with you to find the right treatment for you.



Take the first step toward getting back on HIV treatment.



Talk to a member of your healthcare team about restarting HIV treatment with BIKTARVY®, and visit [BIKTARVY.com](https://www.biktarmv.com) to learn more.

IMPORTANT SAFETY INFORMATION (cont'd)

What are the other possible side effects of BIKTARVY? (cont'd)

Serious side effects of BIKTARVY may also include:

- ▶ **Too much lactic acid in your blood (lactic acidosis)**, which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- ▶ **Severe liver problems**, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.

The most common side effects of BIKTARVY in clinical studies were diarrhea (6%), nausea (6%), and headache (5%). Tell your healthcare provider if you have any side effects that bother you or don't go away.

Please click to see Important Facts about [BIKTARVY](#), including important warnings, on page 6.



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Additional questions and notes:

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IMPORTANT SAFETY INFORMATION (cont'd)

What should I tell my healthcare provider before taking BIKTARVY®?

- ▶ **All your health problems.** Be sure to tell your healthcare provider if you have or have had any kidney or liver problems, including hepatitis virus.
- ▶ **All the medicines you take,** including prescription and over-the-counter medicines, antacids, laxatives, vitamins, and herbal supplements. BIKTARVY and other medicines may affect each other. Keep a list of all your medicines and show it to your healthcare provider and pharmacist, and ask if it is safe to take BIKTARVY with all of your other medicines.
- ▶ **If you are pregnant** or plan to become pregnant. Tell your healthcare provider if you become pregnant while taking BIKTARVY.
- ▶ **If you are breastfeeding** (nursing) or plan to breastfeed. Talk to your healthcare provider about the risks of breastfeeding during treatment with BIKTARVY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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(bik-TAR-vee)

MOST IMPORTANT INFORMATION ABOUT BIKTARVY

BIKTARVY may cause serious side effects, including:

- **Worsening of hepatitis B (HBV).** Your healthcare provider will test you for HBV. If you have both HIV-1 and HBV, your HBV may suddenly get worse if you stop taking BIKTARVY. Do not stop taking BIKTARVY without first talking to your healthcare provider, as they will need to check your health regularly for several months, and may give you HBV medicine.

ABOUT BIKTARVY

BIKTARVY is a complete, 1-pill, once-a-day prescription medicine used to treat HIV-1 in adults and children who weigh at least 31 pounds. It can either be used in people who have never taken HIV-1 medicines before, or people who have received HIV-1 medicines in the past, or to replace their current HIV-1 medicines, and whose healthcare provider determines they meet certain requirements.

BIKTARVY does not cure HIV-1 or AIDS. HIV-1 is the virus that causes AIDS.

Do NOT take BIKTARVY if you also take a medicine that contains:

- dofetilide
- rifampin
- any other medicines to treat HIV-1

BEFORE TAKING BIKTARVY

Tell your healthcare provider all your medical conditions, including if you:

- Have or have had any kidney or liver problems, including hepatitis.
- Are pregnant or plan to become pregnant.
- Are breastfeeding (nursing) or plan to breastfeed. Talk to your healthcare provider about the risks of breastfeeding during treatment with BIKTARVY.

Tell your healthcare provider about all the medicines you take:

- Keep a list that includes all prescription and over-the-counter medicines, antacids, laxatives, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- Ask your healthcare provider or pharmacist about medicines that interact with BIKTARVY.

IMPORTANT FACTS

This is only a brief summary of important information about BIKTARVY® and does not replace talking to your healthcare provider about your condition and your treatment.

POSSIBLE SIDE EFFECTS OF BIKTARVY

BIKTARVY can cause serious side effects, including:

- Those in the “Most Important Information About BIKTARVY” section.
- Changes in your immune system.
- New or worse kidney problems, including kidney failure.
- Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- Severe liver problems, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- **The most common side effects of BIKTARVY** in clinical studies were diarrhea (6%), nausea (6%), and headache (5%).

These are not all the possible side effects of BIKTARVY. Tell your healthcare provider right away if you have any new symptoms while taking BIKTARVY.

Your healthcare provider will need to do tests to monitor your health before and during treatment with BIKTARVY.

HOW TO TAKE BIKTARVY

Take BIKTARVY 1 time each day with or without food.

GET MORE INFORMATION

- This is only a brief summary of important information about BIKTARVY. Talk to your healthcare provider or pharmacist to learn more.
- Go to BIKTARVY.com or call 1-800-GILEAD-5.
- If you need help paying for your medicine, visit BIKTARVY.com for program information.



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