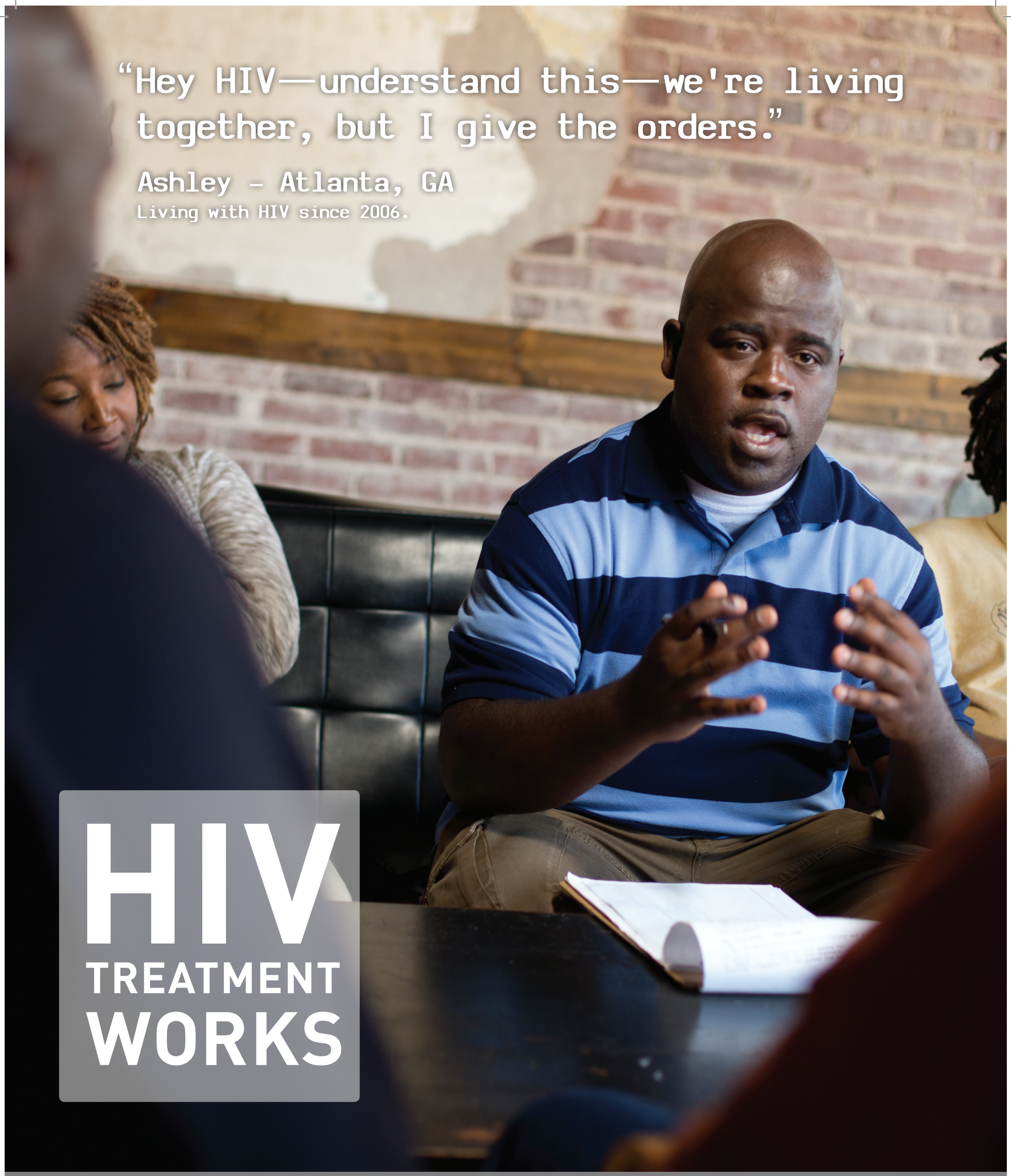

Being in the military prepared me for a lot of things, but not my HIV diagnosis. I found it difficult to take medication every day. Fortunately, with the help of my doctor at the VA, taking my medicine is just another part of my morning routine. I brush my teeth, wash my face, and take my meds. By sticking to my medication, doctor visits, and support groups, I stay healthy and happy. As a support group leader, now I’m helping others to get into their own routine.

Get in care. Stay in care. Live well.
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