

Living Well with HIV: A Guide for Navy Sailors and Marines

This guide provides essential information to effectively manage HIV in the Navy or Marine Corps

Medication

- **Take Your Medication DAILY as Prescribed.** This is crucial for health and preventing drug resistance.
- **Plan Ahead for Travel to Prevent Running Out of Meds:** Deployments and temporary assignments can be extended. Always pack at least 6 months of medication for deployments. Contact your medical provider or pharmacist before departure to discuss obtaining more meds are needed.
- **Express Scripts Home Delivery:**
 - Enroll in Home Delivery service for medication refills at <https://tricare.mil/homedelivery/>
 - Or you can call for Home Delivery help at 1-877-363-1303
- **Never Run Out of Medication:** If you're about to run out, DO NOT skip doses or take half-doses. Instead, contact your medical provider immediately and continue the medication until gone.
- **Supplement Use:** Some over the counter (OTC) supplements can interfere with HIV medication. Notify your HIV provider with any new OTC, prescription medications, or supplements.

Navigating Your Care

- **New Duty Stations:** Upon arrival at a new duty station, check in with medical ASAP and schedule an appointment with your new primary provider to review your HIV management plan.
- **Regular Checkups and HIV specialty care:**
 - You need an HIV-specific medical appointment with lab tests every 6 months.
 - In each 12-month period, at least one of your 6-month appointments must be with an Infectious Diseases (ID) specialist and must include annual signing of the SECNAV Form 5300/2 Bloodborne Pathogens Counseling Statement.
 - The ID appointment may be completed virtually or travel, as appropriate
 - For HIV management by primary care, request these lab tests:
 - **Every 6 Months:** HIV viral load, CD4+ count (annually may be ok), CMP, STI testing (syphilis screening and 3-site gonorrhea/chlamydia NAAT testing)
 - **Every 12 Months (in addition to the above):** CBC, lipids, fasting glucose, UA
 - Primary care providers evaluating SMLWH should engage ID for any questions or concerns
- **HIV Evaluation and Treatment Units (HETUs):** Wherever you are stationed, you will be assigned a HETU coordinator to help you receive appropriate HIV-related medical care and meet the Navy and Marine Corps HIV requirements. HETUs are located at Naval Medical Center Portsmouth, Naval Medical Center San Diego, and Walter Reed National Military Medical Center. If you are unsure who your HETU coordinator is, please email the Navy Bloodborne Infection Management Center at dha.bethesda.walter-reed-med-ctr.mbx.nbimc@health.mil
- **Preparing for Deployment:** Inform your HETU coordinator about upcoming deployments, so appropriate alternative medical plans can be arranged as needed.
- **Mental Health Resources:** You can access behavioral health services via your local behavioral health clinic or chaplains. You can also ask your HETU coordinator for assistance in identifying resources.
- **Mental Health Crisis Lines:** Military One Source (800-342-9647); The Military/Veterans Crisis Line (Call 988 and press 1, or text 838255); Suicide and Crisis Lifeline (Call or text 988)

References:

- SECNAVINST 5300.30F: Management of HIV, HBV, and HCV Infection
- MILPERSMAN 1300-1300: Assignment of Personnel with Bloodborne Pathogens
- OPNAVINST 1300.20: Deployability Assessment and Assignment Program

