

CHOOSE YOU™

 GILEAD | HIV



A resource for a healthy body

As we get older, it is important to look after our bodies to stay healthy. For a happy, long life with HIV, it is good to talk about your health with your HIV clinic. This resource tells you about some of the checks and tests you can expect, so you can discuss what they mean for you and your health, now and in the future.

How does your body feel?

Where would you put yourself on this scale? Is this different to what is 'normal' for you? If so, this resource could help you.



Health checks you can expect

Once a year, your HIV clinic will do tests to check your overall health.^{1,2}

You can take charge of your health, in partnership with your doctor, nurse or pharmacist, by asking what your results mean for you, and finding ways to be more healthy.



HEART^{1,2}

- Blood pressure
- Amount of cholesterol (fats) in your blood
- Amount of sugar in your blood



KIDNEYS & LIVER^{1,2}

- How healthy your liver and kidneys are and how well they are working
- Review your current medications (some can affect your kidney and/or liver health)
- How much alcohol you drink



BONES^{1,2}

- The strength of your bones



LIFESTYLE^{1,2}

- Activity levels and the type of food you eat
- If you are a smoker
- If you take recreational drugs, and how often if you do



OTHER HEALTH CONDITIONS^{1,2}

- Check on other health conditions you may have, e.g. how your mind feels

Choosing You

Living well with HIV is about having a healthy mind and body, now and in the future. Small lifestyle changes can help prevent future health problems.



Healthy eating:

Eating healthy, nutritious food can help you feel good and stay healthy, but it is not always easy. Organisations like [The Food Chain](#), [FoodCycle](#) and [The Trussell Trust](#) can help.



Smoking and drinking alcohol:

Smoking and drinking alcohol increase the risk of health problems. Speak with your GP, nurse or pharmacist about quitting smoking and drinking less.



Daily activity:

It's good to move your body every day. Even a short walk or an outdoor activity like gardening is good for your health.



A healthy mind:

Good health also includes looking after your mind. The *Gilead Sciences Resource for a Healthy Mind* can help with your overall health and wellbeing – it's available on the [Choose You website](#).

Visit www.hivchooseyou.co.uk to find more ways to Choose You. The website includes:

Rights to HIV Care

With this simple guide, learn about your rights to local HIV care and know that you can talk to your healthcare team about what matters to you

Routes to HIV Care

With this simple guide, learn about the different types of local HIV care, so you can talk to your healthcare team about the services and support you need



References:

1. NHVNA. Annual health review for people living with HIV. Available at: <https://nhvna.org/guidelines-and-best-practice/best-practice/annual-health-review-for-people-living-with-hiv/>. Last accessed: October 2026. 2. BHIVA. BHIVA guidelines for the routine investigation and monitoring of adult HIV-1-positive individuals. Available at: <https://bhiva.org/clinical-guideline/monitoring-guidelines/>. Last accessed: October 2026.

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