

The website for everyone  
with HIV in the UK

myHIV  
.org.uk



Elton John AIDS Foundation





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# Register now!

Get free access to online services, tools and community spaces for everyone living with HIV in the UK.

> Register or > login



**FREE**

**myHiv**

Trained people you can talk to online wherever you are.

>Book an appointment

Community forums	My personal notes	My CD4 count and viral load	Online services
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My health status ^

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"CD4, viral load, meds and appointments -

Sex

Parenthood

Blame



## HIV and you



What does it mean to be HIV positive? What is happening to your body, will it make a difference to your relationships and what healthcare will you need? Find out here.

### Your diagnosis



Some advice and support to help you deal with your HIV positive diagnosis.

[Read more ...](#)

### Simple science



### Your healthcare



Healthcare can seem complex, so here's a guide to the people who can help you manage your HIV.

[Read more ...](#)

### Relationships



### Your treatment



What you need to know about HIV treatment and the importance of taking medication correctly.

[Read more ...](#)

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"CD4, viral load, meds and appointments – there's so much to remember!"

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## Telling people



Deciding whether to tell someone that you are HIV positive can be difficult, so here are a few things to consider.

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### Who to tell?



It's important to think about how different people may react to being told that you are HIV positive.

[Read more ...](#)

### Sexual partners



### Friends



The nature of your friendship is a factor in deciding whether or not to disclose your HIV status to them.

[Read more ...](#)

### Healthcare and insurance



### Family



Things to consider if you are telling your family that you are HIV positive, plus advice for parents.

[Read more ...](#)

### Employers



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# HIV and you



What does it mean to be HIV positive? What is happening to your body, will it make a difference to your relationships and what healthcare will you need? Find out here.

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## Your rights



When you're living with HIV your life can seem complex. After all, you have to manage day-to-day life like everyone else and a long-term condition too. Many everyday things, like work and benefits, can be complicated by living with HIV.

### Benefits



Welfare benefits aim to help you cope financially when your HIV affects your ability to work.

[Read more ...](#)

### At work



### Housing



Long-term health problems can affect your housing situation but our advisers may be able to help.

[Read more ...](#)

### Equality Act 2010



### Going back to work



Tackling the difficulties in returning to work after a long period of HIV-related ill health.

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### Immigration



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# Online tools and interactive services



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Ask a health trainer

My personal notes

My appointments

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My life check

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## Hello garry brough

Did you attend your last HIV clinic appointment?

YES

NO

### My life check

You have 2 life checks to complete



CONTINUE

### Self-management tools

My medication & reminders



Understand your meds better and set up email or text reminders if you need them.

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My CD4 count & viral load



Record your CD4 and viral load results as you get them. Understand them over time.

LAUNCH

Ask a health trainer



Get free confidential advice and make well informed changes towards a healthier life.

LAUNCH



## My medication and reminders

### My CD4 count and viral load

#### Ask a health trainer

#### My personal notes

#### My appointments

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## My CD4 count and viral load

Record your CD4 and viral load results as you get them and track them here over time.

Your CD4 count gives a rough indication of the strength of your immune system. Your viral load shows how active HIV is in your body.

For more information see [What's happening inside me?](#)

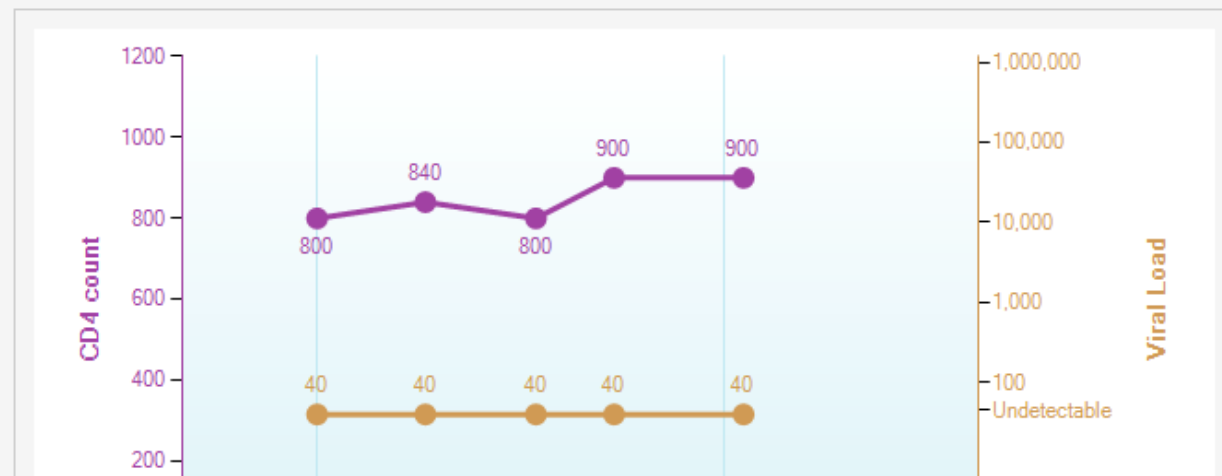
### Levels

#### My latest results

- > 18/01/11 900 CD4 count
- > 18/01/11 40 Viral load

Year to date

All results



# Demonstrating effectiveness



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**My medication and reminders****My CD4 count and viral load****Ask a health trainer****My personal notes****My appointments****My favourites****My life check**

## Initial life check

## The healthcare system and you

## Telling people

## Healthy living

**Share my story****Community forums****My account details**

## Short Lifecheck

### Short Lifecheck quiz

#### Page 1 of 2: Your knowledge around HIV

**What should you aim for your CD4 count to do?**

- My CD4 count should go up.
- My CD4 count should go down.
- I don't know.
- It doesn't matter.

**What should you aim for your viral load to do?**

- My viral load should go up.
- My viral load should go down.
- I don't know.
- It doesn't matter.

**Which CD4 count is normally used to decide when to begin treatment?**

- 50
- 150
- 350
- 650

How often do you leave the clinic and realize you've forgotten to ask some questions you meant to?

# Information you can trust



## Your diagnosis

## Your healthcare

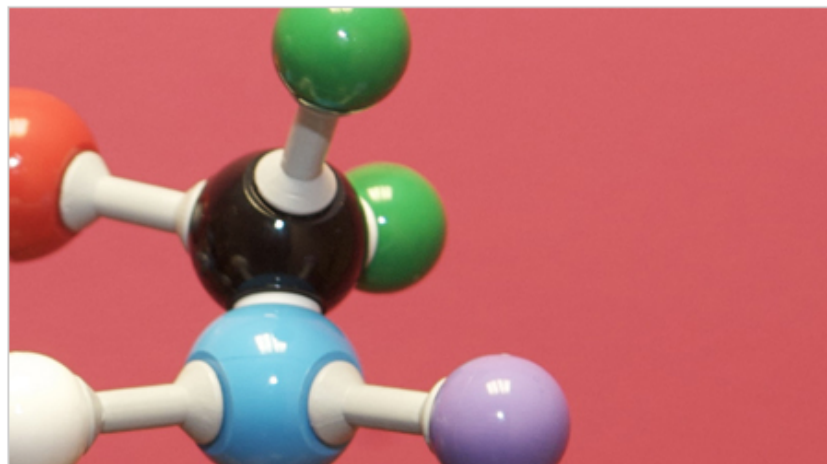
## Your treatment

## Simple science

[What is HIV?](#)[The HIV test](#)[The immune system](#)[What's happening?](#)[Stages of HIV infection](#)[How is HIV passed on?](#)[How is HIV not passed on?](#)[Facts and figures](#)

## Relationships

## The immune system



The immune system is the body's mechanism for protecting itself against the many harmful organisms that try to invade it, such as bacteria and viruses.

It is a highly complex network of cells, tissues and organs, including blood cells.

### How does the immune system work?

When an organism gets inside your body (for example, by breathing in the common cold virus), white blood cells that form part of your immune system go to investigate. These white blood cells come in two groups: one group organises the other, which in turn produces the antibodies to fight the foreign organisms.

The cells that do the organising are called T-cells. Some of these have a

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If the number of CD4 cells is reduced, the immune system has fewer cells to help it defend the body from other organisms. This means you are at greater risk of getting ill.

The immune system does try to fight HIV infection. It produces antibodies to do this. But they're not very effective without the CD4 cells to organise them.

### How does this affect your health?

Normally the body's immune system would fight off an infection, but HIV prevents the body's immune system from working properly.

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**Content Author:** S. Corkery (NAM)

**Current Owner:** S. Corkery (NAM)

**More information:**

[An introduction to HIV & AIDS](#) ↗, NAM aidsmap (2006)

[Overview of HIV and the immune system](#) ↗, NAM aidsmap (2011)

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# Peer support



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## Gallery

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441 members in 4 months!

1,504 posts on topics like:

- Your diagnosis
- Your treatment
- Staying healthy
- Ageing with HIV
- Getting involved
- General chat

*'Let's hope this expands into something bigger'*



*'As far as I am aware, I have never spoken to anyone who is HIV+ before... it is an enormous blessing that there will be others , with first hand knowledge that can help... Thanks THT for creating it and making me addicted to it. And thank you for everyone here for just being YOU! 😊'*



*'I have been hankering after a forum such as this that is totally UK based. Let's hope it expands into something bigger... Am on here to learn from you all, swap stories and learn really 'cause the only way is up I guess!!'*

27 year old gay man from the Midlands

# Online services



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# If you are living with HIV anywhere in the UK:

- Free online health support from an HIV health trainer
- Free online counselling
- Free online advice