





### **HRHCare** provides you with the highest quality health care.

- + Primary Medical Care
- + HIV & Hepatitis C Care
  - HIV and Hepatitis Testing
  - Case Management
  - Peer Support
- + Women's Health
  - Family Planning and Birth Control
  - Preconception Planning
  - Pregnancy Care and Testing
- + Nutritional Services
- + Dental Services
- + Behavioral Health Services
- + Care Management
- + Referral & Linkage to Specialty Care
- + 24 Hour Call Line
- + Sliding Fee Scale Available

# HRHCare PATIENT PORTAL

Free, private, 24/7 access to your medical information online or on the go!



healow App for iOS & Android



www.hrhcare.org/myhrhcare



**Now at HRHCare** 

## **A New** Way to Prevent HIV

1.844.HRH.Care (1.844.474.2273) www.hrhcare.org



### Reasons to Consider PrEP

If you are HIV negative and can answer "YES" to any of these questions, PrEP may be right for you.

- ✓ Do you think you are at a high risk of getting HIV?
- Should you be using condoms more often?
- Have you had an STI in the past six months?
- Are you dating and having sex with an HIV-positive partner?
- Have you shared needles for injection drug use, tattooing or piercing?
- Have you had unprotected sex with someone whose HIV status is unknown?
- Are you sexually active with multiple partners and been prescribed post-exposure prophylaxis (PEP) within the past year more than once?



### Pre-Exposure Prophylaxis

Pre-exposure prophylaxis, or PrEP, is a way for you to reduce your risk of HIV infection.

It's a one pill per day medication meant to be used regularly with other prevention options.

If you think that PrEP might be right for you, we can work with you to reduce your HIV risk.

## Post-Exposure Prophylaxis

Post-exposure prophylaxis, or PEP, is an emergency medicine that must be taken as soon as possible after a one-time encounter to reduce your risk of HIV infection.

If you are HIV negative and worry you might be at risk for HIV infection, find out if PrEP is a good choice for you.

Contact us at one of the phone numbers below for more information on PrEP in your area!

Hudson Valley **845.260.0043**Long Island **845.260.0429** 

ig island 040.200.0423

#### 1.844.HRH.Care

www.hrhcare.org

Call to make an appointment at one of our Community Health Centers to find out if PrEP or PEP is right for you.

Amenia • Amityville • Beacon • Brentwood • Coram
Dover Plains • Goshen • Greenport • Hudson
Haverstraw • Monticello • New Paltz • Patchogue
Peekskill • Pine Plains • Poughkeepsie • Riverhead
Shirley • Southampton • Spring Valley
Walden • Wyandanch • Yonkers