Ask Your Doctor

Talk to your health care provider about how best to manage your HIV treatment and maintain your overall health while living with HIV.

July 6, 2021 By Liz Highleyman

Here are some questions to ask your health care provider about how best to manage your HIV treatment and maintain your overall health while living with HIV.

- How often should my viral load and CD4 count be monitored?
- What side effects can I expect from my HIV medications?
- Do different HIV medications have different side effects?
- What happens if I miss a dose of my HIV medications?
- What are some common health concerns for people my age living with HIV?
- Which tests do I need for conditions besides HIV?
- Are my blood sugar, cholesterol and blood pressure normal?
- Are my heart, liver and kidneys working properly?
- If not, what medications or other measures should I take?
- What is a healthy weight range for someone like me?
- What is your advice for a healthy diet?
- How much exercise should I get?
- What else can I do to maintain a healthy weight?
- Can switching HIV medications help me maintain or even lose weight?
- What is your advice for managing stress, depression and anxiety?
- Which vaccines should a person my age get?

© 2026 Smart + Strong All Rights Reserved.