# Freedom of Choice

May 16, 2016 By Jennifer Morton

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These days there are a variety of treatment options available for HIV, which is great news. And since you have so many choices, it's important to work with your health care provider to select a regimen that best meets your individual needs. POZ recently asked you about your choices when it comes to your HIV treatment. Here are your responses.

63% of you began taking HIV meds within one year of being diagnosed.

92% of you say you feel comfortable talking to your health care provider about your HIV treatment options.

Top 3 factors you consider when choosing your HIV regimen:

1. Possible side effects
2. Convenience
3. Other diseases or health conditions

Have you ever asked your doctor to switch your HIV regimen?

51% - Yes

49% - No

Are you taking any generic versions of your HIV meds?

13% - Yes

87% - No

If not, would you consider taking a generic version in the future?

80% - Yes

20% - No

Would you prefer to fill your prescriptions at a pharmacy or through mail order?

59% - Pharmacy

41% - Mail order

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