



Making HIV Care Work for You

Tips for staying engaged in HIV care, communicating with your provider, and where to find HIV care.

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[Staying in care](#) is one of the most important things you can do for your health. Whether you've just been diagnosed or have been living with HIV for years, staying engaged in care has many real benefits. Regular visits with your health care provider can help you track your progress and make sure your treatment is working. Consistent care also gives you the chance to talk through other health issues that may come up, like mental health, medication side effects, or chronic conditions, and find the support you need to stay well. Get some tips for staying in charge of your care and build a care plan that works for your life, your needs, and your goals.

1. **Build a Routine That Supports You** Active involvement is key to effective HIV care and treatment. This includes sticking to your medication schedule, attending medical appointments, discussing concerns or changes openly with your health care provider, and learning more from trustworthy sources. When you take action to manage your health, it becomes easier to focus on other areas of your life. Once you and your health care team find a treatment strategy that works for you, living with HIV can become a routine part of your life.
2. **Find Your Voice** Your provider is your partner in care, and your voice matters. Don't hesitate to ask questions, share concerns, or speak up about side effects or challenges with your routine. The more your provider understands your experience, the better they can help tailor your care. There are many ways you can communicate with your provider, such as through a patient portal account. For tips on how to better prepare for your visits, visit our guide on "[Seeing Your Health Care Provider](#)."
3. **Stay In or Return to Care** What if it's been hard for me to see my care team regularly? It happens. If it's been a while since your last appointment, you're not alone—and it's never too late to reconnect. Getting back into care is a powerful step toward taking control of your health. Your provider will work with you to update your treatment plan and to make it easier to stay on track. You don't need all the answers before reaching out. Just making the call is a strong first step. If transportation is keeping you from regular check-ins, then ask for telehealth visits now and then. Visit our guide on "[Returning to Care](#)" to learn more about what to do if you've stopped going to care.

Need Help Finding a Provider?

If you're not currently in care or are looking for a provider who better fits your needs, then the [HIV](#)

[Services Locator](#) can help you find HIV care, testing, and other support services near you. Just enter your ZIP code to explore options in your area.

To learn more about HIV treatment, prevention, and care, explore the “[Making Care Work for You](#)” page for tools and trusted information.

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