

# FIND your FOUR

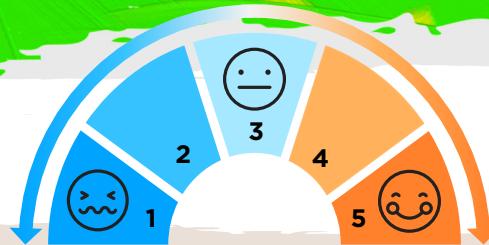
## A RESOURCE FOR A HEALTHY BODY ...

As we get older, it is important to look after our bodies to stay healthy. To live well with HIV, it is good to talk about your health with your healthcare team. This resource tells you about some of the checks and tests you can expect, so you can discuss what they mean for you and your health.

If you experience any sudden or concerning changes in your health, call NHS 111. For emergencies only, call 999.

## HOW DOES *your* BODY FEEL?

Is this different to what is 'normal' for you?



## Four checks YOU CAN EXPECT

Once a year, your HIV clinic may do some of the tests outlined below to check your overall health.<sup>1,2</sup>

You can take charge of your health, in partnership with your doctor or nurse, by asking what your results mean for you, and finding ways to be more healthy.



### HEART<sup>1,2</sup>

- ☒ Blood pressure
- ☒ Amount of cholesterol (fats) in your blood
- ☒ Amount of sugar in your blood



### BONES<sup>1,2</sup>

- ☒ The strength of your bones



### KIDNEYS & LIVER<sup>1,2</sup>

- ☒ How healthy your liver and kidneys are and how well are they working
- ☒ Review your current medications (some can affect your kidney and/or liver health)
- ☒ How much alcohol you drink



### OTHER HEALTH CHECKS<sup>1,2</sup>

- ☒ Activity levels and type of food you eat
- ☒ If you are a smoker
- ☒ If you take recreational drugs, and how often if you do
- ☒ Check on other health conditions you may have, e.g. how your mind feels

## CHANGES TO *live better*

Small changes can help to prevent future health problems. You are not alone – there are many organisations that offer information and support to help you make small changes to live better.



**Healthy eating:** Eating healthy, nutritious food can help you feel good and stay healthy, but it is not always easy. Organisations like The Food Chain, FoodCycle and The Trussell Trust can help. To use a food bank, ask your nearest Citizens Advice for a referral.



**Daily activity:** It's good to move your body every day, even just a short walk or an outside activity like gardening is good for your health. There are some great ideas on NHS Better Health.



**Smoking and drinking alcohol:** Smoking and drinking alcohol increases the risk of health problems. Free help is available to quit smoking and drink less. See your GP or pharmacist about free help from the NHS or visit NHS Better Health.



**A healthy mind:** Good health also includes looking after your mind. The Gilead *Find Your Four: Resource for a Healthy Mind* can help with your overall health and wellbeing.

Visit [www.hivfindyourfour.co.uk](http://www.hivfindyourfour.co.uk) to find more ways to live well with HIV. The website includes:

**Rights to HIV Care:** With this simple guide, learn about your rights to NHS care and know that you can talk to your healthcare team about what matters to you

**Routes to HIV Care:** With this simple guide, learn about the different types of NHS care so you can talk to your healthcare team about the services and support you need



1. NHVNA. Annual health review for people living with HIV. Available at: <https://bit.ly/3TidCiy>. Last accessed: October 2022.

2. BHIVA. BHIVA guidelines for the routine investigation and monitoring of adult HIV-1-positive individuals. Available at: <https://bit.ly/3eUuEez>. Last accessed: October 2022.