



We support U=U

You can help get the word out

What is U=U?

It stands for Undetectable = Untransmittable.

U=U is built on science that says that for a person living with HIV who is on antiretroviral therapy and has achieved an undetectable viral load for at least six months, the risk of transmission is nonexistent.

The science led to a consensus statement released by the Prevention Access Campaign (PAC) in July 2016. The statement has been endorsed by world-renowned HIV specialists and more than 1,000 organizations, including the CDC, in 102 countries.¹

Pharmacy professionals may know this, but many people living with HIV, providers, policy makers and the public still may not.

Our role in U=U

Building on our more than 35 years of providing HIV expertise and support, Walgreens was the first national retail pharmacy to endorse the consensus statement and support U=U.

In the wake of the COVID-19 pandemic, there are new concerns around medication adherence and a possible spike in HIV cases. It's critical that our trusted Walgreens pharmacists talk with patients about U=U and the importance of adherence in achieving and maintaining an undetectable viral load.

Walgreens

How to talk to patients about U=U

1. Be clear and consistent

With more than 1,000 organizations having signed on to the U=U campaign, you can use the U=U term with confidence.

Use definitive and easy-to-understand phrases such as, “can’t pass it on,” “cannot transmit,” “no risk” and “zero risk.”

Stay away from language that conveys even slight risk like, “nearly impossible,” “extremely low,” “essentially no” and “virtually impossible.”

Avoid overly cautious phrases, such as, “I believe U=U, but use a condom and/or PrEP just in case.” Condoms or PrEP aren’t needed to prevent HIV transmission from someone with an undetectable viral load. The benefits of condoms and PrEP should be communicated, but not tied specifically to U=U.

2. Make U=U a priority

Counsel patients to stay on their prescribed treatment regimen, follow up to see how they are progressing and stay connected.

3. Wear your button

A button saying “**Ask me about U=U**” will be delivered to all pharmacists. Wearing yours will encourage people to learn more about it.

4. Remember the basics

Achieving U=U is all about TLC:

- **Treatment** – take prescribed treatment regimen as directed
- **Labs** – follow doctor’s directions about routine lab tests (viral load, etc.)
- **Connection** – stay connected to care

Where to learn more

There is a lot of information and links to clinical sources at [preventionaccess.org](https://www.preventionaccess.org).

There were several large randomized controlled clinical trials that led to the U=U consensus statement. The trials are known as HPTN 052, PARTNER and Opposites Attract. More information can be found online.

What you can do

Supporting U=U can bring us closer to ending the HIV epidemic for good. Please wear your button and use these guidelines when talking about U=U to your patients.



Awareness about U=U can help:

- Free people from the shame and fear of sexual transmission of HIV to their partners
- Dismantle HIV stigma that can keep people from treatment and stop progress
- Reduce the anxiety around testing and encourage treatment adherence
- Increase access and remove barriers to treatment, care and diagnostics



1. Community partners. Prevention Access Campaign Web site. <https://www.preventionaccess.org/community>. Accessed January 13, 2021.