



BRITISH COLUMBIA  
CENTRE *for* EXCELLENCE  
*in* HIV/AIDS

*We care about your health and your HIV treatment. That's why BC clinicians and health care providers want to help you access antiretroviral therapy for HIV.*

# RETAIN Initiative

Staying on treatment helps to improve your health and quality of life.

On consistent treatment, a person living with HIV reaches an **undetectable viral load**. This helps to achieve better health outcomes and prevents HIV from progressing to AIDS. It is unlikely individuals living with HIV on sustained treatment will spread the virus to others.

For more information, please email [RETAIN@cfenet.ubc.ca](mailto:RETAIN@cfenet.ubc.ca)

**Treatment as Prevention.<sup>®</sup>**  
**Together, we can stop HIV/AIDS.**

