The enclosed See Us tools were developed to help you feel empowered and prepared for medical visits. Each tool in the series has been designed to address the unique needs that arise during various stages of life:

- Adolescence (10-18 years)
- Women of childbearing age (~18-45 years)
- Menopause and beyond (~45+ years)

Created by See Us: Women Take a Stand on HIV, these resources can be used in several ways:

- Pre-visit topic planner
- Discussion guide for your care visit
- Resource to make sure your care is comprehensive

Before you begin to use these tools, please keep in mind the following:

- Each woman living with HIV has unique needs — it’s possible not all topics may apply to you
- The term “provider” is used throughout, and refers to anyone on your healthcare team, including physicians, nurses, case workers, counselors, etc.

IAPAC, community advocates and medical experts worked together to create useful tools to help improve the patient-provider relationship, experience and care.

We welcome your questions and feedback to the tools and can be reached at SeeUs@IAPAC.org.