The priority of the Women’s Program is to support the health and well-being of women living with human immunodeficiency virus (HIV).

Living with HIV requires hope for the future and a commitment from you to successfully manage your disease. The Women’s Program is here to teach you how to live with HIV.

You can live well with HIV by having regular medical visits, including gynecological care and follow-up; having specialized blood work and testing done regularly; and taking medications as prescribed.

Your future is full of hope when you commit to taking care of yourself.
Robert Wood Johnson AIDS Program’s Women’s Program provides a comprehensive range of services designed to help you live with HIV:

- Medical care, including gynecological services, prenatal services, and medication adherence
- Special services, including AIDS Drug Distribution Program (ADDP) and transportation assistance
- Financial assistance
- Social services
- Mental health screening
- Access to program psychologist
- Educational and vocational planning
- Family services
- Legal services
- Substance abuse assessment and referral

To schedule an appointment, call 732-235-8016

Steps to Living Healthy with HIV:

1. Having regular medical check-ups is important to your health. Having a complete physical exam at least four times a year is critical to detect any signs and symptoms of HIV, such as:
   - Enlarged lymph nodes
   - Enlarged liver (right side of your abdomen)
   - Enlarged spleen (left side of your abdomen)
   - Weight loss/diarrhea/fevers

2. Having regular routine blood tests will monitor the following aspects of HIV:
   - Viral load measures the amount of virus in your blood.
   - T cells measure how your immune system is doing. T cells need to stay above 200 for you to remain healthy.
   - Blood count—The white blood count measures the body’s ability to fight infection. The red blood blood count measures for deficiencies such as anemia.
   - Liver and kidney function.

3. Taking medications as prescribed is crucial. If your T cells fall below a certain level, medications are needed to control your HIV. The medications will keep the HIV virus from increasing in your body. When HIV is controlled, you will have fewer symptoms of the disease and feel better.

Why Check T cells?

Your T cells protect you from illness. They send signals to activate your body’s immune response when they detect “intruders” like viruses or bacteria. HIV attacks your T cells and uses them to make copies of itself.

Your T cells stay strong when your HIV is controlled. Having your T cells checked regularly (at least four times a year) helps your care team monitor your health and make adjustments to your treatment regimen as needed.

Your commitment to living healthy with HIV includes three very important steps:

- Having regular health care visits—four times a year—including medical and mental health assessments
- Having your blood checked regularly to measure your viral load and immune system
- Taking medications as prescribed and not missing a dose