



Aetna Better Health® of New Jersey

HIV and Pre-Exposure Prophylaxis Therapy

What is Pre-Exposure Prophylaxis?

- Pre-Exposure Prophylaxis or PrEP is a way for HIV negative individuals, who are at high risk of contracting the virus, to prevent infection by taking a daily HIV medication.
- Once daily oral treatment with Truvada (tenofovir disoproxil fumarate and emtricitabine (TDF-FTC)) is the only U.S. Food and Drug Administration (FDA) approved medication for PrEP.
- When taken as prescribed, Truvada reduces the risk of HIV from sex by more than 90% and from injectable drug use by more than 70%, according to the Centers for Disease Control and Prevention (CDC).
- The United States Preventative Services Task Force (USPSTF) supports that PrEP is of substantial benefit in decreasing the risk of HIV but that adherence is highly correlated with efficacy of treatment.

PrEP is NOT an alternative to safe sex practices

- Condoms are included on the Medicaid formulary at no cost for members.
- When used correctly, condoms reduce the risk of HIV acquisition by approximately 80%.
- The CDC recommends providing prescriptions for condoms along with risk reduction counseling at every office visit.
- HIV medications do not protect against other STDs and individuals are 3 times more likely to get or transmit HIV if they have a concurrent STD.
- The CDC and USPSTF promote consistent condom use as an important component of a successful PrEP program.
- Along with condom use and intensive risk counseling, additional prevention techniques include abstinence, mutual monogamy, reducing the number of sexual partners, needle exchange programs, and Post-Exposure Prophylaxis (PEP) after a potential exposure event.

Quick Facts

- Once daily Truvada for PrEP is an effective way to prevent HIV in high risk members when taken every day.
- PrEP does not protect against other STDs and should supplement, rather than replace safe sex practices.
- Condoms are included on the Medicaid formulary at no cost for members.

Aetna Medicaid Pharmacy Services, January 2019

Prescribing Guidelines

Summary of Guidance for PrEP Use			
	Men Who Have Sex With Men	Heterosexual Women and Men	Injection Drug Users
Detecting substantial risk of acquiring HIV infection:	- Sexual partner with HIV - Recent bacterial STD - High number of sex partners - History of inconsistent or no condom use - Commercial sex work	- Sexual partner with HIV - Recent bacterial STD - High number of sex partners - History of inconsistent or no condom use - Commercial sex work - Lives in high-prevalence area or network	- HIV-positive injecting partner - Sharing injection equipment - Recent drug treatment (but currently injecting)
Clinically eligible:	- Documented negative HIV test before prescribing PrEP - No signs/symptoms of acute HIV infection - Normal renal function, no contraindicated medications - Documented hepatitis B virus infection and vaccination status		
Prescription	Daily, continuing, oral doses of TDF/FTC (Truvada), ≤90 day supply		
Other services:	- Follow-up visits at least every 3 months to provide: - HIV test, medication adherence counseling, behavioral risk reduction support, side effect assessment, STD symptom assessment - At 3 months and every 6 months after, assess renal function - Every 6 months test for bacterial STDs		
	Do oral/rectal STD testing	- Assess pregnancy intent - Pregnancy test every 3 months	Access to clean needles/syringes and drug treatment services

Source: CDC resource for providers, Fact Sheet: Pre-Exposure Prophylaxis for HIV Prevention

Resources

- 1) Pre-exposure Prophylaxis for the Prevention of HIV Infection in the United States A Clinical Practice Guideline. CDC. Retrieved from <https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2017.pdf>
- 2) Prevention of Human Immunodeficiency Virus (HIV) Infection: Pre-Exposure Prophylaxis Draft Recommendation Statement. USPSTF. Retrieved from <https://www.uspreventiveservicestaskforce.org/Page/Document/draft-recommendation-statement/prevention-of-human-immunodeficiency-virus-hiv-infection-pre-exposure-prophylaxis>
- 3) Pre-Exposure Prophylaxis (PrEP). CDC. Retrieved from <https://www.cdc.gov/hiv/risk/prep/index.html>
- 4) Fact Sheet: Pre-Exposure Prophylaxis (PrEP) for HIV Prevention. CDC. Retrieved from https://www.cdc.gov/hiv/pdf/PrEP_fact_sheet_final.pdf