

# Your next steps with PrEP in St. Louis

## What is this guide?

This guide will help you find the many resources for people with a prescription for PrEP (pre-exposure prophylaxis) to prevent HIV infection.

## Where can I get a prescription for PrEP?

Go to <https://goo.gl/mbQkCe> and search “St Louis” to find PrEP providers near St. Louis, MO or visit [www.prelocator.org](http://www.prelocator.org) to search an interactive map of PrEP providers by zip code.

## What are my next steps after getting a prescription for PrEP?

Get your medication	Schedule your next appointment	Keep getting tested
<p>To get your PrEP medicine:</p> <ul style="list-style-type: none"> <li>Go to your pharmacy <b>or</b></li> <li>Use your pharmacy’s home delivery service (only certain pharmacies) <b>or</b></li> <li>Go to one of the specialty pharmacies listed below:</li> </ul>	<p>Talk to your PrEP provider or receptionist at your provider’s office to schedule your next appointment.</p> <p>You should schedule your next appointment <b>1 month</b> after your 1st appointment, then every 3 months for the first year.</p>	<p>PrEP users need to get an <b>HIV test</b> every 3 months and a <b>kidney test</b> every 6 months.</p> <p>Ask your PrEP provider or primary care doctor if you can get these tests done at their office. <b>This guide</b> lists additional low-cost resources for HIV/STD testing.</p>

## Which pharmacies will fill my prescription?

Most pharmacies will fill your prescription. These pharmacies offer extra resources:

<p><b>Gateway Apothecary</b> 4473 Forest Park St. Louis, MO 63108 <b>314-318-1818</b> <a href="http://www.rx-gateway.com">www.rx-gateway.com</a> Also offer home delivery, PrEP Clinic, HIV/AIDS and Hep C services</p>	<p><b>St. Louis Effort for AIDS (EFA)</b> 2653 Locust St St. Louis, MO 63103 <b>314-645-6451 ext. 3</b> <a href="http://www.stlefa.org">www.stlefa.org</a> Also offer PrEP Clinic, patient assistance/insurance navigation and testing</p>	<p><b>Retail pharmacies:</b> <b>Walgreens, CVS and Schnucks</b> have specialty pharmacies with extra training for PrEP assistance and HIV/AIDS care. Search “Walgreens specialty pharmacy,” “CVS specialty pharmacy” or “CVS specialty pharmacy” online for locations and phone numbers.</p>
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## Are there resources to help me pay for PrEP?

### If you have health insurance

**Call** the number on the back of your health insurance card to find out what they cover.

**Ask** how much you must pay for:

1. PrEP medicine
2. Lab tests and where you can have your lab tests done
3. Visits to your doctor

### If you’d like free help on how to get, change, and learn more about health insurance

<p><b>St. Louis Effort for AIDS (EFA)</b> 2653 Locust St St. Louis, MO 63103 <b>314-645-6451</b> <a href="http://www.stlefa.org">www.stlefa.org</a></p>	<p><b>Community Action Agency of St. Louis, Inc.</b> 2709 Woodson Rd Overland, MO 63114 <b>314-446-446</b> <a href="http://www.caastlc.org">www.caastlc.org</a></p>	<p><b>SIHF Healthcare</b> <i>Multiple Illinois locations</i> Find help near you at: <a href="https://www.sihf.org/patients-and-families/health-insurance-navigators">https://www.sihf.org/patients-and-families/health-insurance-navigators</a></p>	<p><b>Other locations:</b> Use this <b>map</b> to find more organizations and health centers that offer free insurance help: <a href="https://findlocalhelp.covermissouri.org/">https://findlocalhelp.covermissouri.org/</a></p>
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## If you have health insurance and still need help paying for your care

**Apply** to the Patient Advocate Foundation Copay Assistance Program for up to \$7,500 per year in help <https://www.copays.org/diseases/hiv-aids-and-prevention>

### To qualify, you must:

- Have health insurance and it must cover PrEP
- Be a U.S. resident
- Have a household income that is **less than 4 times** (400% of) the current federal poverty level (FPL). Search online for the current FPL for your household size. In 2018, the FPL for a single person household was \$12,140, so this person may qualify if they made less than \$48,560 in 2017.

## If you don't have health insurance

**Apply** for marketplace health insurance between **Nov 1 – Dec 15** at [www.healthcare.gov](http://www.healthcare.gov)

**Apply** to Gilead Medication Assistance Program: <http://start.truvada.com/individual/truvadaprep-copay>

### To qualify you must:

- Be at least 18 years old
- Be uninsured or have your payment declined by your health insurance provider
- Be a U.S. resident (you don't need a social security number)
- Have a household income less than 5 times the federal poverty level (FPL) (See above)

### Once you are enrolled, the program will:

- Send your PrEP medicine to your provider, your pharmacy, or your home **at no cost**
- Contact you every 6 months to confirm you still qualify

**Visit** a Community Health Center (CHC) for lower-cost lab tests and clinic visits if you earn **less than 5 times** the FPL and don't have insurance. Find a CHC online at [www.findahealthcenter.hrsa.gov](http://www.findahealthcenter.hrsa.gov)

## Where can I find helpful resources around St. Louis?

### If you need to talk to someone now (24-hour emergency hotlines)

#### If you feel hopeless or depressed

Access Crisis Intervention Hotline:

**1-800-811-4760**

Crisis Text Line: **text "HOME" to 741741**

LGBTQ Hotline: **1-888-843-4564**

Arch Psychotherapy & Wellness: **314-469-6444**

#### About domestic violence

Safe Connections: **314-531-2003**

ALIVE: **314-993-2777**

#### About sexual assault

St. Louis Regional Sexual Assault Hotline: **314-531-7273**

### If you need food or a place to stay

#### Community Action Agency of St. Louis County, Inc.

2709 Woodson Rd  
Overland, MO 63114

**314-446-4460**

[www.caastlc.org](http://www.caastlc.org)

Also offers food security, housing, job services

#### Youth in Need

1815 Boone's Lick Rd  
St. Charles, MO 63301

**636-946-5600**

24-hour help line: **636-946-3771**

<http://www.youthinneed.org/services>

Also offers counseling, transitional living program, emergency shelter for boys & girls ages 10-19

### If you are looking for a doctor (primary care physician)

Let the providers below know you are making an appointment for PrEP

#### Affinia Healthcare

4414 N Florissant Ave  
St. Louis, MO 63107  
**314-898-1692**

#### Southampton Care

2340 Hampton Ave  
St. Louis, MO 63139  
**314-647-2200**

#### Garrett Family Health Care

401 Holly Hills Ave  
St. Louis, MO 63111  
**314-353-5190**  
Ask for:  
Elizabeth Keegan  
Matthew Witthaus

#### Family Health Care

4352 Manchester Ave  
St. Louis, MO 63110  
**314-531-5444**  
Ask for:  
Theresa Bartlem  
Kenneth Hembra

#### Medical Specialists of

**St. Luke's, LLC**  
222 S. Woods Mill Rd  
Suite 750 North  
Chesterfield, MO 63017  
**(314) 205-6600**

### If you are looking for free or low-cost HIV/STD testing sites (call ahead for testing)

<p><b>Wash U Infectious Diseases Clinic</b> 620 South Taylor Ave Suite 100 St. Louis, MO 63110 <b>314-362-9098</b> Walk in: M-W 9am-12pm; 1-3pm Th-F Appointment only Free HIV testing</p>	<p><b>Wash U – Project ARK</b> 4169 Laclede Ave, 2<sup>nd</sup> Floor <b>314-535-7275</b> <a href="http://projectark.wustl.edu">http://projectark.wustl.edu</a> Walk in: M-Th 10am-12pm; 1-4pm F 1pm-4pm (no testing last Friday of month) Free HIV &amp; syphilis testing</p>	<p><b>Sexual Health Clinic at North Central Community Health Center</b> 4000 Jennings Station Rd Pine Lawn, MO 63121 <b>314-615-9700</b> Walk in: M-F 8:30am-11:15am; 12:30-3:30pm (no a.m. testing last Friday of month) Free HIV, syphilis, gonorrhea, chlamydia testing</p>	<p><b>Health Stop (City of STL Health Dept)</b> 1520 Market St Rm 4051 <b>314-612-5100</b> Walk in: M-F 9am-4pm Free HIV, syphilis, gonorrhea, chlamydia testing</p>
<p><b>Planned Parenthood</b> 3401 South Grand Saint Louis, MO 63118 <b>314-865-1850</b> Walk-in or schedule online Mon-Sat at: <a href="https://www.plannedparenthood.org/health-center">https://www.plannedparenthood.org/health-center</a></p>	<p><b>The SPOT (ages 13-24 only)</b> 4169 Laclede Ave, 1<sup>st</sup> Floor St. Louis, MO 63108 <b>314-535-0413</b> <a href="http://thespot.wustl.edu/">http://thespot.wustl.edu/</a> Walk-in: M-Th 10am-12pm (testing only) M-F 1pm-4pm (testing and treatment) Arrive by 3:30 pm Free HIV, syphilis, gonorrhea, chlamydia testing</p>	<p><b>St. Louis Effort for AIDS (EFA)</b> 2653 Locust St St. Louis, MO 63103 <b>314-645-6451</b> M: Walk-in 9:30am-5pm W: Walk-in 9:30am-7pm T/Th/F: Appointment only 9:30am-5pm No testing 11:30am-1 pm M-F No testing 3-4pm Wednesday Free HIV, syphilis, gonorrhea, chlamydia testing</p>	<p><b>Casa de Salud</b> 3200 Chouteau Ave St. Louis, MO 63103 <b>314-977-1250</b> Appointment only <a href="https://casadesaludstl.org">https://casadesaludstl.org</a> Free HIV, syphilis, gonorrhea, chlamydia testing</p>

### If you are looking for counseling or therapy resources

<p><b>Saturday Neighborhood Health Clinic</b> Monthly Depression and Anxiety Clinic 4<sup>th</sup> Weds/month, 6-9pm 620 S Taylor Ave St. Louis, MO 63110 <b>314-275-0675</b> <a href="https://snhc.wustl.edu/#/home">https://snhc.wustl.edu/#/home</a></p>	<p><b>BJC Behavioral Health Community Services</b> To request services, call: <b>877-723-4004</b> See website for locations and phone numbers <a href="https://www.bjcbehavioralhealth.org/Services">https://www.bjcbehavioralhealth.org/Services</a></p>	<p><b>Psychological Service Center at Washington University</b> 7 North Jackson Ave St. Louis, MO 63105 <b>314-935-6555</b> <a href="http://psychnet.wustl.edu/psc/">http://psychnet.wustl.edu/psc/</a></p>	<p><b>Arch Psychotherapy and Wellness</b> 225 S Meramec Ave, Suite 218 Clayton, MO 63105 <b>314-844-1038</b> Toll Free: <b>(800) 811-4760</b> <a href="https://archpsychotherapy.com/">https://archpsychotherapy.com/</a></p>
<p><b>Places for People, Inc.</b> 4130 Lindell Blvd St. Louis, MO 63108 <b>314-615-9105, Ext. 40</b> <a href="https://www.placesforpeople.org/">https://www.placesforpeople.org/</a></p>	<p><b>Provident</b> Four locations in Downtown, Northwest County, South County &amp; Jefferson County 314-533-8200 <a href="https://www.providentstl.org">https://www.providentstl.org</a></p>	<p><b>Cindy Betz at LGBT Counseling STL</b> 2310 South Grand Blvd St. Louis, MO 63104 <b>314-602-5534</b> <a href="http://www.lgbtcounselingstl.com/">http://www.lgbtcounselingstl.com/</a></p>	<p><b>More resources:</b> <b>Affinia and Family Health Care</b> have mental health services in their system. For other locations: <a href="https://dmh.mo.gov/mentalillness/helpinfo/county.html#23">https://dmh.mo.gov/mentalillness/helpinfo/county.html#23</a></p>

## If you are looking for a community or community-based support

### Support groups

#### Project ARK

314-535-7275

LGBT youth social nights, community building, risk reduction & Black gay youth support

#### STL Effort for AIDS

[http://www.stlefa.org/programs\\_and\\_services/groups](http://www.stlefa.org/programs_and_services/groups)

314-645-6451

### Counseling

#### Youth in Need

1815 Boone's Lick Rd  
St. Charles, MO 63301

636-946-5600

#### The SPOT (ages 13-24 only)

4169 Laclede Ave  
St. Louis, MO 63108

(314) 535-0413

Mon-Fri 9am-5pm by appointment

#### Behavioral Health Response

Support center locator at [bhrstl.org](http://bhrstl.org)

### Drop-in safe space

#### The SPOT (ages 13-24 only)

4169 Laclede Ave  
St. Louis, MO 63108

Mon/Tues/Thurs 1-4:30pm

Hangout; kitchen/hygiene facilities; referrals to case management & counselling services

## If you are looking for LGBTQ support

### Transgender Center at St. Louis Children's Hospital

Medical assistance, counselling and transition support for kids and teens

<https://www.stlouischildrens.org/conditions-treatments/transgender-center>

Call case manager Jamie Reed for questions at  
314-747-6169

### Promoting Equality for all Missourians (PROMO)

Database of LGBTQ education and community resources (including legal, medical & housing resources)

<https://promoonline.org/services>

### Services & Advocacy for Gay, Lesbian, Bisexual and Transgender Elders (SAGE of PROMO Fund)

<https://promoonline.org/about/sage-of-promo-fund/>

1-888-234-SAGE

Mon-Fri 3 pm – 11 pm

Sat 11 am – 4 pm

[SAGE@GLBTHotline.org](mailto:SAGE@GLBTHotline.org)

### Metro Trans Umbrella Group

Support groups for queer and trans folk across the expression spectrum & educational events  
[www.stlmetrotrans.com](http://www.stlmetrotrans.com)

@stlmetrotrans

### Trans Education Services

Database of legal, transition, support, and psychological services in St. Louis metro area

<https://www.transedservice.com/>

## Where can I learn more about PrEP online?

These websites have more information including useful tips, how PrEP works, and HIV information:

To learn more about how PrEP works:

[www.stlefa.org/prep](http://www.stlefa.org/prep)

[www.prepfacts.org](http://www.prepfacts.org)

[www.prep4love.com](http://www.prep4love.com)

To learn more about paying for PrEP:

[www.start.truvada.com](http://www.start.truvada.com)

To connect with other people on PrEP:

[www.facebook.com/groups/prepfacts/](https://www.facebook.com/groups/prepfacts/)