

Session	Activities	Time
A.	Check-In and Adherence Goals	5 minutes
B.	Drug Level Feedback	10 minutes
C.	Adherence Strategies Menu	5 minutes
D.	Wrap-Up	2 minutes
	Total	22 minutes




	Supplemental Materials
1.	Adherence Support Menu
2.	Expectations Handout
3.	Drug Level Wireless Signal Guide
4.	Adherence Goals Worksheet, as needed
5.	Daily Planner Worksheet, as needed




ACTIVITY A: Check-in and Adherence Goals

STATE	<i>Welcome back! I am glad you are here today. Today we will focus on learning more about adherence and re-visit your adherence goals and strategies. But first, I'd like to start by asking how your experience has been with PrEP thus far?</i>
DISCUSS	Participant's experience <u>Possible probes (don't have to ask all of them):</u> <ul style="list-style-type: none"> • Was taking PrEP harder or easier than you expected? • Are you feeling more or less motivated to take PrEP than last time? • Do you have more or less confidence in your ability to take the tablet every day? • Do you have any concerns about continuing PrEP this month?
REVIEW	Adherence goals with participant from last session
ASK	<i>Last time, we introduced the concept of developing your PrEP adherence goals. Let's look at your adherence goal worksheet from your last visit. How did you do?</i> <i>Which areas of adherence do you feel like you do the best?</i> <i>Which areas do you feel like you are not so good at?</i>
REVIEW	<u>Only review the areas where the participant has the most trouble.</u> You don't have to cover each area if it is already going well. Potential goals and probes for identifying problems and finding solutions: <ol style="list-style-type: none"> 1. Getting to study visits <ul style="list-style-type: none"> • What causes you to miss appointments? What causes you to be late to appointments? • What will you do next time you miss an appointment? What will you do if you don't have transportation? 2. Communicating with study team <ul style="list-style-type: none"> • What causes you to not communicate with study team? (e.g., uncomfortable asking questions, visit feels rushed, etc.) • How might you practice communication with them? (e.g., write down questions, role play asking them) 3. Sticking with a daily medication schedule <ul style="list-style-type: none"> • When do you seem to forget to take your PrEP? Do you take your PrEP at a time you regularly do something else? (e.g. breakfast, before bed, brushing teeth) • What activities can you do at the same time as you take your PrEP to help you remember? 4. Storing medication <ul style="list-style-type: none"> • Where do you keep your PrEP when you take it with you? Where do you keep it at home? • Would you be able to use a pillbox or carry case? 5. Reminder strategies <ul style="list-style-type: none"> • What would be helpful reminders to take your PrEP? • Which reminder strategies will work best for you?
REWORK	Adherence goals if needed to address any barriers participant may have and make new goals as needed

	<p><i>Adjust participant’s weekly/daily schedule for taking tablets, if needed, by completing a new Daily Planner worksheet.</i></p> <p><i>Note: If new goals are identified, have participant complete a new Adherence Goals Worksheet and help her identify any issues that may arise that interfere with the newly reported goals. Refer to Enrollment Visit Session Manual for probing questions if needed.</i></p>
STATE	<p><i>Sometimes, when people travel or have family/friends visiting, have a new boyfriend, or are on school holiday, their daily routine changes. Is there anything coming up in the next month that might interfere with your ability to take your PrEP every day?</i></p> <p><u>If participant reports changes, then ask:</u> <i>What might you do to continue using your PrEP daily even during these changes?</i></p>
ALLOW	Participant to respond and discuss
STATE	<i>Thank you for thinking about those potential events with me.</i>

ACTIVITY B: Drug Level Feedback

STATE	<p><i>Today, we have new information to share with you about your adherence and level of protection from HIV. This information comes from laboratory results that tell us how much of the PrEP was in your blood sample at your last study visit. These levels are an estimate of how well you took your pills in the few weeks prior to your last study visit.</i></p>
SHOW	Participant handout of 3 different “drug level” wireless signals
ASK	<i>Do you recognize these symbols?</i>
STATE	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 20px; border: 1px solid black; padding: 5px;">HIGH</div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="margin-left: 20px; border: 1px solid black; padding: 5px;">MEDIUM</div> </div> <div style="display: flex; align-items: center;">  <div style="margin-left: 20px; border: 1px solid black; padding: 5px;">LOW</div> </div> </div>

	<p><i>These symbols are wireless (or internet) symbols – they show you how strong the wireless signal is where you are.</i></p> <p><i>We are using these symbols to represent how “strong” the level of PrEP is in your body. Green = high levels of the drug; Yellow = medium levels of the drug; and Red = very low levels of the drug.</i></p>
ASK	<p><i>Do you understand what the symbols and the colors mean?</i></p> <p><i>Are you ready to hear about your PrEP drug levels?</i></p>
	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="border: 1px solid black; padding: 10px; margin-left: 20px;"> <p><u>Key message:</u> You are doing really well! Keep up the good work and remember that taking one PrEP pill every day is needed for strong protection against HIV.</p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 20px;">  <div style="border: 1px solid black; padding: 10px; margin-left: 20px;"> <p><u>Key message:</u> It looks like you are trying to take the PrEP pills, but may have missed some doses. Remember that taking one pill every day is needed for strong protection against HIV. How can we help you do even better?</p> </div> </div> <div style="display: flex; align-items: center;">  <div style="border: 1px solid black; padding: 10px; margin-left: 20px;"> <p><u>Key message:</u> It looks like you haven’t been able to take the PrEP pills. Is PrEP something that you are still interested in? If yes, how can we help you?</p> </div> </div> </div>
TELL	<p>The participant which signal matches their drug level results. Give them the key message that goes with that signal.</p>
ASK	<p><i>How does this match up with what you expected to see? Do you have any questions about these results?</i></p>
ALLOW	<p>Time for discussion; Provide encouragement for all levels</p>

ACTIVITY C: Adherence Strategies Menu

STATE	<p><i>Taking a tablet every day can be challenging. Many people have problems taking their tablets at some point. During any of our conversations, please</i></p>
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	<p><i>feel comfortable telling me about tablets that you may have missed or taken late; I am asking because I want to help make it easier for you to take them.</i></p> <p><i>Let's review the adherence strategies that you ordered from the "menu" during the last visit. How well did your adherence support strategies work for you since the last visit?</i></p>
DISCUSS	Pros and cons of adherence support choices from last time
HANDOUT	Adherence Menu
STATE	<i>Now let's review the options and see if you'd like to make different choices this time.</i>
DISCUSS	<p>Options on the menu. Answer questions the participant might have about each one.</p> <p><input type="checkbox"/> Daily Text Message Once a day, we will send you an automated text message to help remind you to use your study product. You will choose from several message options.</p> <p><input type="checkbox"/> Weekly Check-In</p> <ul style="list-style-type: none"> ○ Via Text Message – once per week, you will receive an automated text message asking if you are OK. You will be expected to respond "OK" or "not OK". If you don't respond within 24 hours, a second message will be sent. If you respond "not OK", a study team member will call you. ○ Via Phone Call – once per week, you will receive a phone call from a study team member asking if you are OK. Based on your personal preference, they will leave a voice message or not. <p><input type="checkbox"/> Peer Buddy We will connect you with another participant who is also interested in having an adherence buddy. We will help you and your "buddy" develop a plan to support each other's adherence.</p> <p><input type="checkbox"/> Adherence Support Groups</p> <ul style="list-style-type: none"> ○ In-person groups – we will arrange support groups for participants who would like to meet regularly to discuss the study, the study products, as well as other issues going on in their lives. A study team member will facilitate the group. ○ Online groups – we will arrange secure, online support groups via apps, such as WhatsApp, on which participants can communicate with each other to discuss the study, the study products, as well as other issues going on in their lives. A study team member will facilitate the online group. <p><input type="checkbox"/> Additional Counseling Visits We will provide you with additional in-person counseling visits to discuss adherence in between regularly scheduled study visits.</p> <p><input type="checkbox"/> Something Else</p>

	Can you think of another way that we can support you to use the study product as prescribed? Please let us know.
ASK	<i>Which strategies would you like to use for the next month? You can keep the same options, add new strategies, and stop using ones that aren't helping right now.</i>
ALLOW	Time for discussion

ACTIVITY D: Wrap-Up

STATE	<i>We are coming to the end of today's session. Before we end, what else about PrEP or your participation in the study would you like to discuss today?</i>
ALLOW	Time for participant to ask questions and discuss concerns
STATE	<i>Thank you so much making the time to come to your appointment and for meeting with me today to discuss PrEP. I look forward to seeing you again.</i>
REVIEW	Next scheduled appointment time