

Are you living with HIV and experiencing unexplained weight loss?

Speak to your healthcare provider about HIV-associated wasting (HIVAW)—unintentional weight loss that can impact your daily life even when your HIV is being managed successfully.



Decrease in lean body mass



Loss of body weight



Decline in energy level

If you responded YES to any of these statements, ask your healthcare provider about HIV-associated wasting*:

	YES	NO
1. I have lost weight without trying	<input type="radio"/>	<input type="radio"/>
2. My friends, family, and/or coworkers have noticed changes in my weight and how my clothing fits	<input type="radio"/>	<input type="radio"/>
3. My unintentional weight loss is affecting my activities or work	<input type="radio"/>	<input type="radio"/>
4. I have been exercising less or need to rest more often	<input type="radio"/>	<input type="radio"/>
5. My smart device indicates a general drop in my level of physical activity	<input type="radio"/>	<input type="radio"/>
6. I don't have the strength to do all the activities I used to do	<input type="radio"/>	<input type="radio"/>
7. I get too tired trying to complete my household tasks	<input type="radio"/>	<input type="radio"/>
8. If you answered yes to #6 or #7, what tasks or activities are being impacted? _____		
9. My weight loss and lack of energy to perform certain activities impact how I feel	<input type="radio"/>	<input type="radio"/>



If you're living with HIV and you are bothered by weight loss or low energy, talk to your healthcare provider today. Scan the QR code or visit [HIVWasting.com](https://www.HIVWasting.com) to learn more.

*Only your healthcare provider can diagnose HIVAW.