

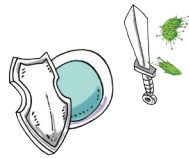
# HIV: THE GOAL OF UNDETECTABLE

Now that you've watched the video, make sure you understand what "undetectable" means and how you can get there.



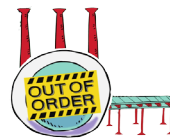
## THE BASICS

- What does "undetectable" mean? (0:16)
- What does "viral load" mean? (1:10)



## HIV AND YOUR BODY

- What does HIV do to your CD4 cells? (0:48)
- What does HIV do to your viral load? (1:03)



## TREATING HIV

- What does treatment do to your viral load? (1:32)
- Why is it important to stay on treatment? (2:18)



## BEING UNDETECTABLE

- How can being undetectable help you? (2:37)
- How can being undetectable help protect people you care about? (2:51)



## NEXT STEPS

- Why is it important to talk to your healthcare provider?
- What would make it easier to talk to your healthcare provider?

Notes:

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Find the answers in the video using the red time stamps.