

Your patient guide to simpler PrEP access

It only takes 7 simple steps to get on PrEP with Freddie.

1. Complete a **quick questionnaire** on gofreddie.com
2. Sign up for a **FREE phone consultation** with a Freddie clinician
3. During your consultation, your provider will address **where & how to get your lab work** done and help you find **low-cost coverage options**
4. After you complete your lab work, we **review the results before sending the prescription** to our pharmacy partner
5. The pharmacy will send a **1-month supply of PrEP confidentially to your door**. Pickup is also offered.
6. Before the month's end, a provider will check in and send a requisition for **follow-up tests**. They will then send you a **3-month refill of PrEP**
7. Repeat **Step 6** every 3 months to **stay on PrEP!**



Please ensure our secure message notifications are not being sent to your spam folder!

To ensure full data security, we communicate via secure message through our portal (app.gofreddie.com).