Health & wellbeing when living with HIV

Taking HIV treatment keeps your immune system healthy, but there are other things you can do to stay fitter and happier like eating healthily and exercising.

HIV does increase your chances of developing other health conditions like TB, but there are ways you can reduce this risk.

If you are young and HIV-positive or are growing older with HIV, you may have questions. Here we address the many ways you can take care of your health and wellbeing, whatever your situation.

Next full review:
01 May 2018

Taking care of yourself when living with HIV
It is important to eat healthily and exercise for HIV treatment to be effective.

HIV and other health conditions
It’s important to learn how to manage HIV and other health conditions together.

Tuberculosis and HIV co-infection
TB is more common among people living with HIV so make sure you test regularly.

HIV AND YOUR MENTAL HEALTH
Staying healthy and happy with mental health
You can still enjoy the same

Being young and HIV positive
Growing older and ageing with HIV
With effective treatment, many
HIV means looking after your mental health too. Just like other young people, you can lead healthy lives, even if you’re living with HIV. In fact, most people living with HIV are living long and healthy lives.

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