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
HIV means looking after your mental health too. Even if you’re living with HIV, people living with HIV are living long and healthy lives.

Photos are used for illustrative purposes. They do not imply any health status or behaviour on the part of the people in the photo.