

Appendix S: Sample Text Message Inventory

Content Domains	Sample Messages
<p>Adherence (62)</p> <ul style="list-style-type: none"> – Weekly general medication adherence (24) 	<ul style="list-style-type: none"> • Feeling good? Thank your meds. • Meds do a body good. Stay on track this week. • Pop it, don't stop it! Keep up the commitment to taking your meds! • Set yourself up for success. Get your meds together for the week. • Your meds keep your viral load in check. Stay on schedule. • When it comes to taking your meds on schedule, practice makes perfect. • Check your med supply and let us know if you need a refill. Call [ORG PHONE #]. • When you take your meds regularly, you're in control. • Got meds? Call [ORG NAME] at [ORG PHONE NUMBER] if you need a refill before your next visit. • Be honest if there's something getting in the way of taking your meds. We can connect you to the support you need. Call us at [ORG PHONE NUMBER]. • Having trouble remembering to take your meds? Ask your provider for ways to help you remember. • Medication adherence means taking meds every day. It gets easier. • Missing doses = missing out on better health. • Going out of town? Don't forget to pack your meds. • Don't make changes to your medication schedule on your own. Call [ORG PHONE NUMBER]for advice on side effects. • Your CD4 helps you fight infections. Keep it high. Take your meds on time. • Your meds keep your viral load in check. Stay on schedule. • If you're having side effects from your meds, don't take matters into your own hands. Call your [ORG NAME] provider and figure out a solution together. • Stomachache? Headache? Feeling anxious? Can't sleep? Lower sex drive? Could be side effects from your meds. Call your [ORG NAME] • If you make it through this week without missing a dose, treat yourself to something nice. • You can take your meds discretely. Ask us how. Call [ORG PHONE #]. • How are you doing on your med supply? Call [ORG PHONE #] if you need a refill before your next visit. • Missing doses? Maybe your treatment plan doesn't fit with your lifestyle or is unrealistic. Call [ORG PHONE #] to discuss options that may work better. • Don't make changes to your medication schedule on your own. Call [ORG PHONE NUMBER] for advice on side effects.

<p>– Daily timed medication reminders (35)</p>	<ul style="list-style-type: none"> • A little birdie told me it's time for your meds. • Good morning sunshine! Don't forget your meds. • End your day on the right note. Take your meds. • Good morning! This is your reminder. • Good morning sunshine! Don't forget your meds. • This is your morning reminder. Have a great day! • Start your day off right. Remember your meds. • Don't forget your morning meds! • Hope you have a great day. This is your meds reminder. • It's the dawn of a new day. Have you taken your meds yet? • Before you hit the streets, take your meds. • Shower? Check! Breakfast? Check! Meds? Check! • Time for your morning meds. • Good evening! This is your reminder. • This is your evening reminder. Sleep well! • Don't forget your evening meds! • Nighty night. Don't forget to take your meds before you turn out the light. • This is your nightly med reminder. • Hope you had a great day. This is your med reminder. • It's the end of the day. Have you taken your meds yet? • Before you say good night, pop your meds. • Before you hit the sheets or the streets, don't forget your meds. • Before you call it a day, remember your meds. • Meds before bed. Take them now. • The clock says it's time for your meds. • This is your med reminder. • Time for your meds. • "Hint, hint" Time for your meds. • Ding! Ding! Ding! Time for your meds. • You have been poked! It's time for your meds. • The time is now. Take your meds. • Reminder – take your meds now (if you haven't already). • Don't forget your meds. • Stop, drop, and pop. Take your meds now. • Laughter is the best medicine. And your meds are good for you too. It's time to take them.
<p>– Daily medication reminders (3)</p>	<ul style="list-style-type: none"> • Don't forget your meds today! • It's going to be a great day. Remember your meds. • Keep your day on track by taking your meds on time.

Appointment reminders (ad hoc, timed to appointment schedule) (1)	<ul style="list-style-type: none"> Remember your appt @ [CLINIC NAME] at [TIME] on [DAY]. Bring your questions. Call us at [NUMBER] if you can't make it.
HIV/AIDS: The Basics (3)	<ul style="list-style-type: none"> There are 3 stages of HIV. To learn more about the stages, visit http://aids.gov/hiv-aids-basics/just-diagnosed-with-hiv-aids/hiv-in-your-body/stages-of-hiv/. HIV superinfection is when a person with HIV gets infected with another type of the virus. Superinfection can make you get sicker faster. Use condoms to help prevent superinfection. HIV spreads from person to person through body fluids. To learn more about how HIV is transmitted, visit http://aids.gov/hiv-aids-basics/hiv-aids-101/how-you-get-hiv-aids/.
ART (10)	<ul style="list-style-type: none"> Taking meds can reduce your viral load. Even if your viral load is undetectable, you still have HIV. Take your meds to keep your viral load in check for your health and to protect others. Drug interactions are no joke. Be upfront with your pharmacist and provider about all of your meds so they can help you avoid drug interactions. Antiretroviral meds treat HIV infection. They reduce the amount of HIV virus in your body. It is important to take your meds when and how they are prescribed. Some HIV meds cause nausea and vomiting. Smaller meals, dried ginger, and ginger ale can help. Your provider can recommend antacids or other meds if the problem persists. Taking ART lowers the amount of HIV in your body and your chances of transmitting HIV to a sexual or drug-using partner who is HIV-negative. If you have an HIV-positive sexual or drug-using partner, encourage them to take ART too. Being on treatment can help you both reduce your chances of getting a superinfection. Taking ART makes you less likely to get a superinfection from an HIV-positive partner. ART lowers HIV risk, but it doesn't eliminate it. So, people with HIV who are taking ART should still use proven prevention methods like condoms. People who may have been exposed to HIV can take post-exposure prophylaxis (PEP) to lower their chance of infection. To be effective, PEP must begin within 72 hours of exposure. HIV-negative people can take pre-exposure prophylaxis (PrEP) to help prevent getting HIV. Tell your partners talk to their health care provider to see if taking PrEP is right for them.
Seeing an HIV care provider (3)	<ul style="list-style-type: none"> When's the last time you saw your provider? If it's been more than 3 months, it's time to schedule an appointment. You and your provider are a team. Your provider is the best person to help you decide

	<p>when to start meds and what meds to take.</p> <ul style="list-style-type: none"> • When's the last time you had your CD4 count checked? You should get it checked every 3-6 months. Is it time to get it checked?
Patient involvement in care (18)	<ul style="list-style-type: none"> • There are lots of medications available to treat HIV. Talk to your provider about which ones are right for you. • Do you need more info about symptoms or side effects of your meds? Ask your provider at your next appointment. • A CD4 count tells you how your immune system is doing. Higher numbers are better. If you don't know or understand your numbers, ask your provider to explain. • Ask your provider what screenings, labs, or tests you should get and when you should get them. • Strong. Supportive. Trusting. These are important in any good relationship—especially with your provider. • Do you need to know more about how to prevent or lessen symptoms or side effects of your meds? Ask. We can help. • It's your life we're talking about. Be a part of EVERY decision about your health care. • If you've got questions for your provider, write them down and take them to your next visit. • Be assertive. Tell your provider if you have any concerns, even if they don't ask. • Ask your provider questions. If you don't understand the answer, keep asking until you do. • Ask questions. It's not annoying. You and your provider will be glad you did. • If you don't know why you are taking your prescribed meds, ask your provider. • This is your life! You are a major player on your health care team. Visit us at [ORG WEBSITE] to keep up with new developments and programs. • You're the MVP of your health care team. Work with your HB provider for a winning season. • One way to learn about your condition is to attend workshops or events. Visit us at [ORG WEBSITE] to learn more. • Ask for copies of your labs to take home. • When you are prescribed a new med, ask how it will effect the ones you are already taking. • No one will take your health as seriously as you do.
Sexual risk reduction (23)	<ul style="list-style-type: none"> • Secrets aren't sexy, but being open is. Ask your partners about their status and tell them yours. • Think STDs are no big deal? Think again. To learn more about STDs, visit http://www.cdc.gov/std/. • Knowledge is power. Use yours to make responsible and healthy decisions about the way you have sex.

	<ul style="list-style-type: none"> • Ask your sex partners their status and tell them yours. No one should be surprised. • Don't keep your status a secret. Ask your sex partners their status and tell them yours. • Don't like to talk about your status? Some people post their status online to screen out guys who can't deal. Can this work for you? • Talk with your partners about STDs. Hearing it from your partner beats hearing it from your provider. • There's always something more to learn about protecting yourself from STDs and superinfection. Keep educating yourself to take care of your health. • Need help reducing your risk? We've got info for you. Call [ORG NAME] at [ORG PHONE #]. • Abstaining from sex might be the right choice for you. Contact [ORG NAME] to discuss abstinence and other options to stay healthy. • Undetectable is respectable, but your partners are still infectable. Play safe. • "He must be poz too" doesn't make it safe for you. STDs and superinfection aren't cute or fun. • There's no such thing as a good sore. If you think you may have an STD, call [ORG PHONE #] to get checked. • Got condoms? Call [ORG PHONE #] to find out where you can get free condoms. • You are strong AND responsible. You've got the power to take care of your own health and protect others. Do the right thing. • Play it safe. Agree and commit to being faithful. Call us at [ORG NAME] to discuss this and other ways to stay healthy. • Condoms = peace of mind. Wear one and make sure your partner does too. • Condoms are sexy. STDs and superinfection aren't. Talk to your partner about using condoms today. • Be respectful and responsible. Talk with your partner about condoms. Ask your [ORG NAME] provider for tips on how to start the conversation. • No condoms? No way! Party n Play the right way. Protect yourself and your partner. • Talking to your partner about using condoms can be hard. For tips on talking to your partner about condoms, visit http://www.ashastd.org/std-sti/condoms/talking-with-a-partner-about-condoms.html. • If you choose to have sex, always use a condom correctly. For tips on how to use a condom, visit http://www.hiv.va.gov/patient/sex/condom-tips.asp. • Talking openly and frequently with your partner about sex can help you make decisions that may decrease your risk of transmitting HIV.
Substance use risk reduction (19)	<ul style="list-style-type: none"> • Going out tonight? Be safe. Party smart.

	<ul style="list-style-type: none"> • Using recreational drugs while taking certain medications can cause overdose and death. Talk to your provider about potential drug interactions. • Feeling guilty or ashamed about your drinking or drug use? Call [ORG NAME] at [ORG PHONE #]. They can help. • Party smart! Get your dance on. Be the sober buddy for the night. • Don't punish your body. Limit drinking and recreational drugs. • Recreational drug use can affect your treatment. Talk to your [ORG NAME] provider about potential interactions. • Using recreational drugs while taking certain medications can cause overdose and death. Talk to [ORG NAME] [ORG PHONE #] about potential interactions. • Stop before you pop! Talk to [ORG NAME] about potential drug interactions. Call [ORG PHONE #] for info. • Shake your groove thing - but do it safely. Drug and alcohol use can interact with your meds. Ask us how. Call [ORG PHONE #]. • Feeling guilty or ashamed about your drinking or drug use? Call [ORG PHONE #]. We can help. • If you think you have a problem with alcohol or drugs, help is just a phone call away. Call [ORG NAME] at [ORG PHONE #] to talk about your concerns. • Think before you drink. Alcohol interacts negatively with certain medications. Call [ORG NAME] at [ORG PHONE #] for info on how to reduce alcohol use. • You decide on how to party and when. Don't let anyone tell you what to do. • Is life moving too fast? If you're taking risks with your health that you would like to change, call [ORG PHONE #] to talk about options to keep you healthy. • Keep your partying in check to avoid the walk of shame the morning after. • Stay in control - guys who are buzzed or high take more risks. • Be aware! Alcohol and drug use can lead to risky sex. Call [ORG NAME] at [ORG PHONE #] for info on reducing risk for yourself and your partner. • Be aware that when you are drunk or high, you are more likely to take sexual risks that increase your chance of transmitting HIV or other STIs to your partners. • If you are going to a party or know you will drink alcohol or use drugs, have a condom with you in case you have sex.
<p>Health and wellness (26)</p> <ul style="list-style-type: none"> - Smoking cessation (8) - Mental health (2) - Oral health (3) - Nutrition (6) - Exercise(2) 	<ul style="list-style-type: none"> • Smoking weakens the immune system. Quit today for better health. Talk to your provider about treatment options. • Visit http://teen.smokefree.gov/ to better understand how smoking cigarettes affects your life and health. • Depression is common AND treatable. Your provider can help you get the help you need. • Mouth sores? Chronic bad breath? Dry mouth? These are common problems for people

- Stress (2)
- Immunizations (1)
- Reproductive health (1)
- Preconception counseling (1)

- with HIV. Talk to your provider if you have any concerns.
- Dentists can identify oral problems and treat them before they become serious. When's the last time you visited the dentist? Make an appointment today if it's been longer than 6 months.
 - Eating healthy foods helps fight infections. Eat plenty of protein and carbohydrates and some good fats. Ask your provider for tips on nutrition.
 - Protect yourself from food poisoning. Call [ORG NAME] at [ORG PHONE #] for guidance on buying, storing, and cooking food.
 - It must have been something I ate! Food poisoning is no joke. Call [ORG NAME] at [ORG PHONE #] if you have nausea, vomiting, cramps, or diarrhea.
 - Easy does it. Before you start an exercise program, talk to your provider about your health. Make a plan that works for you.
 - Moderate exercise may help you stay healthier longer. Go outside and play!
 - Not hungry? Can't sleep? Worrying a lot? These may be signs of chronic stress. Talk to your HB provider about ways to relax.
 - Chronic stress can make you sick. Eating healthy foods and exercising can help. Talk to your HB provider about a plan that may work for you.
 - Immunizations can help you stay healthy. Talk to your provider about which ones are right for you.
 - Ready to have a baby? Didn't think so. Talk to your provider to find a birth control option that is right for you.
 - Taking folic acid before and during pregnancy can prevent birth defects. Visit <https://text4baby.org/> to sign up for free texts to learn more about keeping you and your baby healthy.
 - Cigarettes kill. Treatments to help you quit are available. Talk to your [ORG NAME] provider about options that may work for you.
 - Participating in groups may help you quit smoking. Contact [ORG NAME] at [ORG PHONE #] to learn more about groups and other resources to help you quit smoking.
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 - There are many ways to quit smoking. Talk to your [ORG NAME] provider about the ways that would work best for you.
 - Some smokers are more likely to develop certain types of infections. Call [ORG NAME] at [ORG PHONE #] for info on treatments to help you quit smoking.
 - Smoking doesn't making living any easier. Call [ORG NAME] at [ORG PHONE #] for resources to help you quit smoking.
 - Everyone gets blue sometimes, but depression hurts the mind and body. Talk to your provider if you have been feeling blue for more than 2 weeks.

	<ul style="list-style-type: none"> • Take care of yourself today. Eat healthy foods, don't stress out, get some exercise, and sleep well. • Common oral problems can be treated. Talk with your provider about what treatments might work for you. • Eat! Eat! Maintain weight to prevent wasting, strengthen the immune system, and break down meds. Discuss diet with your provider. • Are you eating at least 5 servings of fruits and vegetables daily? Talk to your provider about a food plan that may work for you.
Social support (12)	<ul style="list-style-type: none"> • Some people find it helpful to tell friends their status. Some people don't. You decide who knows what and when. • Sometimes it may feel like it – but you are not alone. Call [ORG NAME] at [ORG PHONE #] for information on support groups. • Scientists have proven that smiling makes you healthier. Share a laugh with a friend today. • Meeting notification: [Name of group] meets [date] at [time] at [place]. Call [name] at [number] for more info. • Connect with us on Facebook! Join the mailing list and get info on upcoming events. Click: http://www.facebook.com/. • Worried about making ends meet? Call [ORG NAME] at [ORG PHONE #] for help finding the support you need. • Worried about telling friends and family your status? We can help you find the right words. Call [ORG NAME] at [ORG PHONE #]. • Seeking help managing your condition also gives you the chance to share what you know with others. Support can be a two-way street. • [ORG NAME] has info on ways to deal with stress, cope with pain, and manage meds. Call [ORG PHONE #]. • Friends can be good medicine. If you need to talk, give a friend a call. • If you need info on what to do to take care of yourself, call [ORG PHONE #]. • You are not alone! Some people like online support groups. Visit us at [ORG WEBSITE] to see what's out there.
Life skills (4) <ul style="list-style-type: none"> – Job skills (1) – Education (1) – Budgeting (1) – Independent living – Disease self-management (1) 	<ul style="list-style-type: none"> • Worried about making ends meet? Call [ORG NAME] at [ORG PHONE #] for help finding the support you need. • Looking for work? [ORG NAME] can help. Call [ORG PHONE #] today. • Thinking about going back to school? Call [ORG NAME] at [ORG NAME] to discuss your options. • Take charge of your health! Sign up for [NAME OF SYSTEM] at [WEBSITE] to access your health records and manage your appointments online.