

Mobile Messaging Intervention to Present New HIV Prevention Options for Men who have Sex with Men: Randomized Controlled Trial

7. Written Messages

Index of Written Messages for M-CUBED		
ID#	Construct	Message Text
<u>ART-1</u>	Information (Fact)	Did you know...when people take their HIV medication every day, they have a much lower chance of passing the virus to sexual partners.
<u>ART-2</u>	Perceived Relevance	People who treat their HIV early and take their medications every day can live a near normal lifespan. Get tested, get treated, and get the most out of life.
<u>ART-3</u>	Norms	It's normal to face challenges with taking HIV medicine. Some people forget and others may have side effects, but it works best if you never miss a dose.
<u>ART-4</u>	Barriers	Taking HIV medicine every day can be hard. Getting support from trusted friends, family, a spouse or partner makes it easier to take every dose, every day.
<u>ART-5</u>	Self-Efficacy	Taking your HIV medications as prescribed can be challenging. Put yourself in control by setting a regular schedule, and ask your provider for help, if needed.
<u>ART-6</u>		Sometimes we forget to take our medication. You can set reminders in {app}!
<u>Con-1</u>	Information (Fact)	Condoms reduce the risk of getting sexually-transmitted diseases like HIV, Chlamydia, Gonorrhea, syphilis, and herpes, when used correctly and consistently.
<u>Con-2</u>	Perceived Relevance	Did you know that water-based or silicone-based lubricants can make sex more enjoyable and safer by reducing the risk of condom breakage and slippage?
<u>Con-3</u>	Norms	Having an active and healthy sex life includes consistent and correct condom use. Latex condoms are very successful at preventing the sexual passing of HIV.
<u>Con-4</u>	Barriers	Don't wait for a situation where you don't have a condom! Find out where you can pick some up: [link; e.g., http://www.condomfinder.org/find.php].
<u>Con-5</u>	Self-Efficacy	One way to protect yourself and your partner is by always using condoms and lubricant. Taking this simple step can reduce your risk of getting or passing HIV.
<u>Con-6</u>		Getting ready to go out? Make sure you have condoms.
<u>Eng-1</u>	Information (Fact)	Syphilis, chlamydia and gonorrhea are treatable with antibiotics. Hepatitis, herpes, HPV and HIV are not curable, but the symptoms can be treated.
<u>Eng-2</u>	Perceived Relevance	Making regular appointments with your healthcare provider to talk about HIV, STIs or any other concern is important so you can stay healthy! Make one today.
<u>Eng-3</u>	Norms	Many people take medication for health reasons. Whether you are living with HIV or not, it's important to see your doctor and take medications as prescribed.
<u>Eng-4</u>	Barriers	Staying on top of your health can get expensive! Find out here [link; e.g., www.healthcare.gov] how to get insurance so you can see your provider regularly.
<u>Eng-5</u>	Self-Efficacy	You can make time to see your healthcare provider - it's an important investment toward your future!

<u>HIV-1</u>	Information (Fact)	Testing is for everyone. Sexually-active men should test for HIV at least once a year. Men living with HIV should check their viral load at least twice a year.
<u>HIV-2</u>	Perceived Relevance	HIV is still a priority for our community. Know your status - get tested!
<u>HIV-3</u>	Norms	Most men talk about HIV with their partners. Make getting tested for HIV part of your routine, and talk to your partners about also getting tested.
<u>HIV-4</u>	Barriers	There are more ways than ever to get tested for HIV: at home, with your partner, or at a community center. What test is right for you or your partners?
<u>HIV-5</u>	Self-Efficacy	Know your HIV status to take care of yourself and your partners. Make an appointment to test soon and encourage your partners to do the same.
<u>HIV-6</u>	Barriers	Rapid HIV tests can give you results within a minute and new tests can detect HIV within just days after infection. What test is right for you or your partners?
<u>HIV-7</u>		Research shows that people can live a near normal lifespan with HIV with early treatment. Getting an HIV test is the only way to know your HIV status.
<u>HIV-8</u>		Your phone tells you where to find the nearest coffee shop! It can also help you or your partners find the right place to get an HIV test. Check {APP feature}
<u>PrE-1</u>	Information (Fact)	Pre-exposure prophylaxis or “PrEP” is a pill taken once daily to help prevent HIV infection in HIV-negative people.
<u>PrE-2</u>	Perceived Relevance	PrEP is prescribed by a health care provider for HIV-negative men at high risk for HIV infection and who agree to take the pill once daily as required.
<u>PrE-3</u>	Norms	Increasingly guys are asking their providers if PrEP is right for them and their partners. Ask your doctor if PrEP is right for you.
<u>PrE-4</u>	Barriers	Worried you can't afford PrEP? Many insurance plans and medication assistance programs cover some or all of the cost.
<u>PrE-5</u>	Self-Efficacy	If you are worried about HIV, there are ways to protect yourself and your partner. HIV-negative men who have sex with men should ask their doctors about PrEP.
<u>PrE-6</u>		Using PrEP consistently can offer you and your partners peace of mind when you have sex. Ask your provider if it's right for you.
<u>PrE-7</u>		Condoms and PrEP offer a lot of protection. Using them together increases their success in preventing HIV and STI infections.
<u>STI-1</u>	Information (Fact)	Sexually active gay, bisexual, and other men who have sex with men should get tested for syphilis, chlamydia, gonorrhea, and hepatitis at least once a year.
<u>STI-2</u>	Perceived Relevance	Getting tested for STIs is an important part of taking care of your body. Some STIs have no visible signs or symptoms. Only routine testing can tell for sure.
<u>STI-3</u>	Norms	Healthy sexual relationships include routine HIV/STI testing. Being open with your partner about HIV/STIs can help make sex more exciting and fun.
<u>STI-4</u>	Barriers	Many testing locations offer STI testing for free or at reduced cost for those in need. Visit gettested.cdc.gov to find STI testing locations near you
<u>STI-5</u>	Self-Efficacy	Even though STI testing may feel scary, knowing your status puts you in charge of your sexual health. Talk to your provider about getting tested for

		STIs.
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