



**My Health is** *HOW I SHOW  
MY LOVE*

Take care of you for us

“

After many years together, we're still going strong. We're well because we take care of each other's health.

**Dr. Evan Adams**, Chief Medical Officer, First Nations Health Authority

- » Even if you're in an established relationship, an HIV test is a good chance to check in with your mate, your doctor and yourself. It should be a routine part of your health care.
- » Treatment can suppress the virus, prevent transmission to partners, improve overall health, and is available at no cost.
- » Health outreach nurses are available across the region to provide discreet and confidential HIV testing. They can meet you wherever you are. Call 1-866-778-7736.

**Find out more about HIV and  
where to get confidential testing at:**

**MyHealthisSexy.com**



First Nations Health Authority  
Health through wellness



Interior Health  
Every person matters