Scientific advances have shown that antiretroviral therapy (ART) preserves the health of people living with HIV. People who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus - CDC Division of HIV/AIDS Prevention.

- **U=U reduces the risk of sexual transmission**
- **U=U encourages people with HIV to start and stay on treatment**
- **U=U reduces HIV stigma on the community, clinical, and personal level**

**HIV in Montana 2017**

There are over 630 persons living with HIV in Montana, and an average of 20-30 new infections are reported annually. HIV can affect anyone regardless of sexual orientation, race, ethnicity, gender or age. Men who have sex with men, injection drug users, and people who have multiple sexual partners are at highest risk.

**HIV viral suppression** in people living with HIV/AIDS (PLWH) is critically important to improving quality of life and decreasing the risk of HIV transmission. Montana’s statewide viral suppression of 82% is one of the highest in the nation.