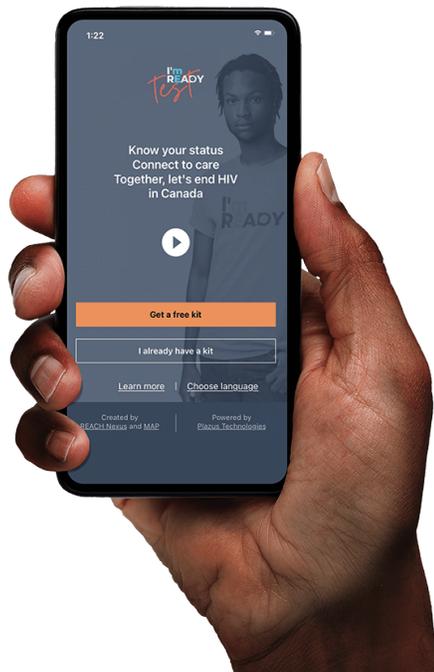


I'M READY: DATA SUMMARY #1

First quarter: June, July and August 2021

Authors: Sean B. Rourke, Rick Galli, Kristin McBain, Darshanand Maraj, Janice Duddy, Leanne Zubowski, James Watson, Colleen Westendorf, Wangari Tharao, Maureen Owino, Muna Aden, Nathan Lachowsky, Christopher Draenos, Simon Child and the I'm Ready Study Team.



GOALS & BACKGROUND

The goal of the **I'm Ready research program** is to reach the estimated 8000+ people living with HIV in Canada who remain undiagnosed. **REACH Nexus** at **MAP** Centre for Urban Health Solutions, St. Michael's Hospital, implemented the I'm Ready research program in June 2021, just 7 months after the first HIV self-test was licensed in Canada.

HOW IT WORKS

Through the **I'm Ready, Test** mobile app, participants create an anonymous profile, answer short surveys, order up to 3 free HIV self-tests for delivery or pick up at community sites, take the test, and share results. Participants can take a "do it yourself" approach, or connect directly to peer navigator support before, during or after taking the test through the integrated **I'm Ready, Talk** telehealth platform. They can use self-test kits to test themselves or share the kits with other people in their social network. Anyone in Canada over 18 years of age is eligible to join I'm Ready.

FIRST-QUARTER KEY FINDINGS

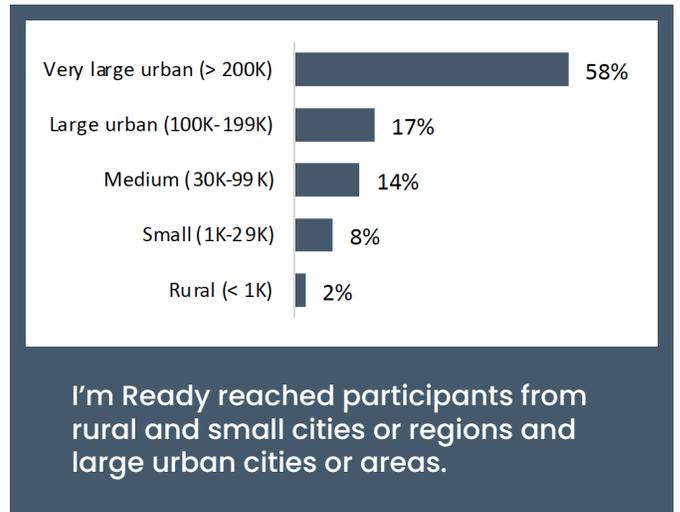
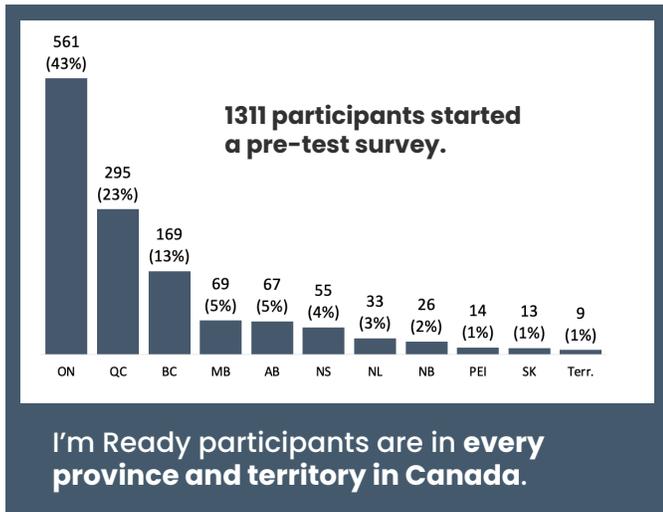
- ▶ **14,000+** website visitors
- ▶ **1,579 people** consented and entered the study through the *I'm Ready, Test* app
- ▶ **1,311 participants** started the pre-test survey
- ▶ **1,100 participants** ordered 2,653 HIV self-test kits for delivery or pick up
- ▶ **496 participants** added at least one test result in the app



3 positive test results submitted,
all from key populations.

PARTICIPANTS: WHERE THEY LIVE, WHO THEY ARE

▶ We gather demographic data when people do the pre-test survey. This is how we learned about who our participants are and where they live.



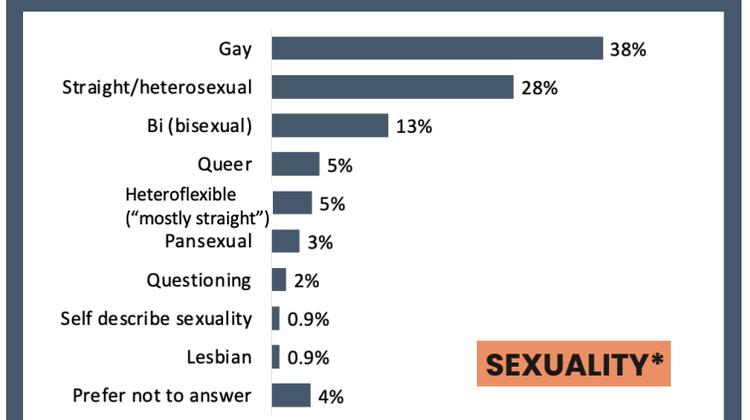
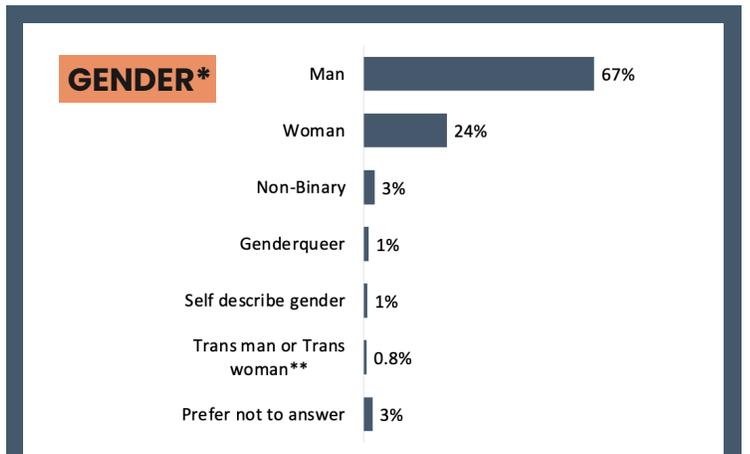
We also learned social demographic information in the pre-test survey.

We know that 46% of I'm Ready participants are under 30; the mean age of all participants is 33 years; and 90% of participants use the app in English, while 10% use it in French.



“Every Canadian should have access, choice and support for HIV testing and care, regardless of who they are or where they live.”

- Dr. Sean B. Rourke,
Director, REACH Nexus

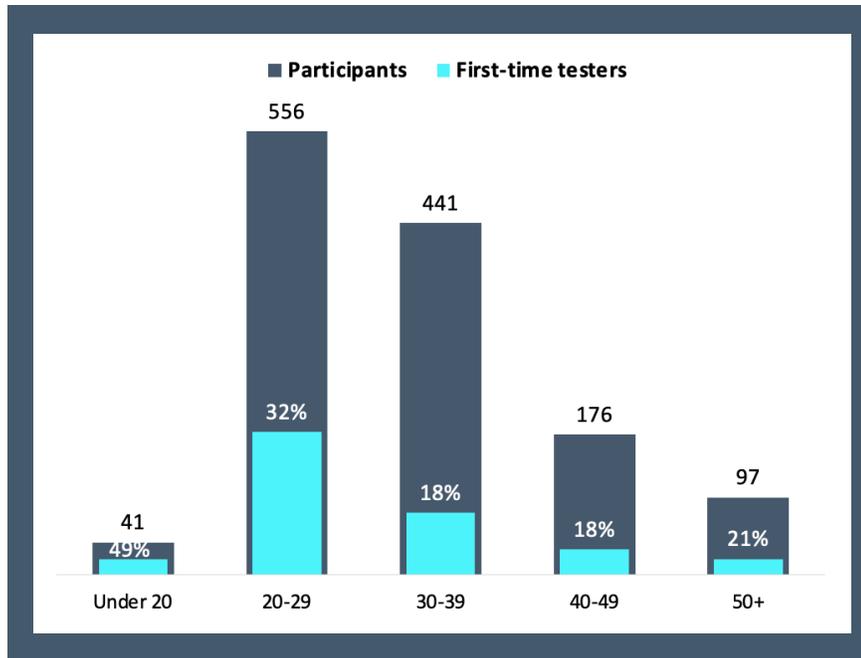


* Participants may be represented in more than one group. Indigenous participants were asked separately whether they were "Two-Spirit." These results will be shared in future summaries.

** Aggregated because cell size was < 5.

FIRST-TIME TESTERS REACHED BY I'M READY

Before participants order an HIV self-test we ask them about their testing history in the pre-test survey. We were also able to compare the size of the communities where first-time testers lived. These are the results according to the ages and locations of participants.



329 participants across all ages self-reported as first-time testers. This is 25% of all participants.

One person who tested positive identified as a first-time tester.

FIRST-TIME TESTERS BY LOCATION SIZE

| | |
|--------------------------|-----|
| Very large urban (>200K) | 30% |
| Large urban (100K-199K) | 30% |
| Medium (30K-99K) | 33% |
| Small (1K-29K) | 23% |
| Rural (<1K) | 22% |

First-time testers were in small and large cities and places across the country.

KEY POPULATIONS

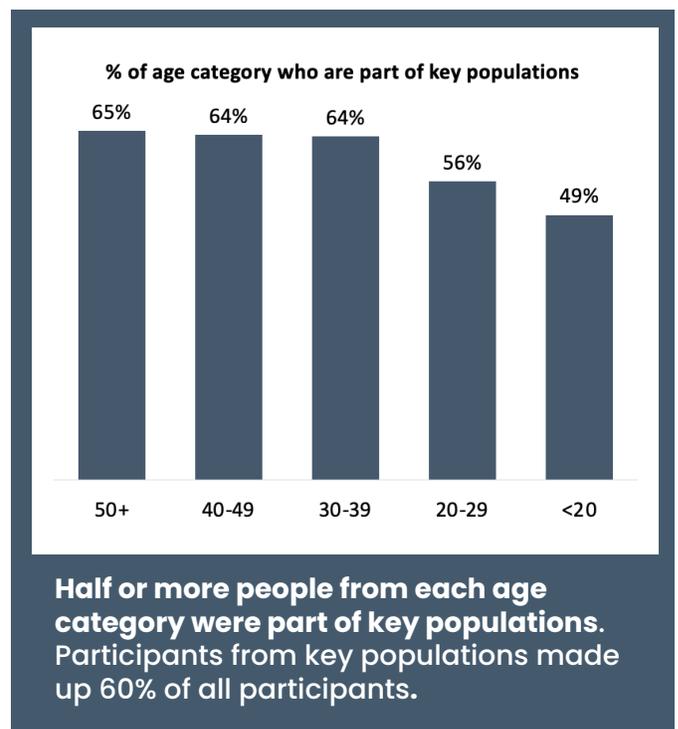
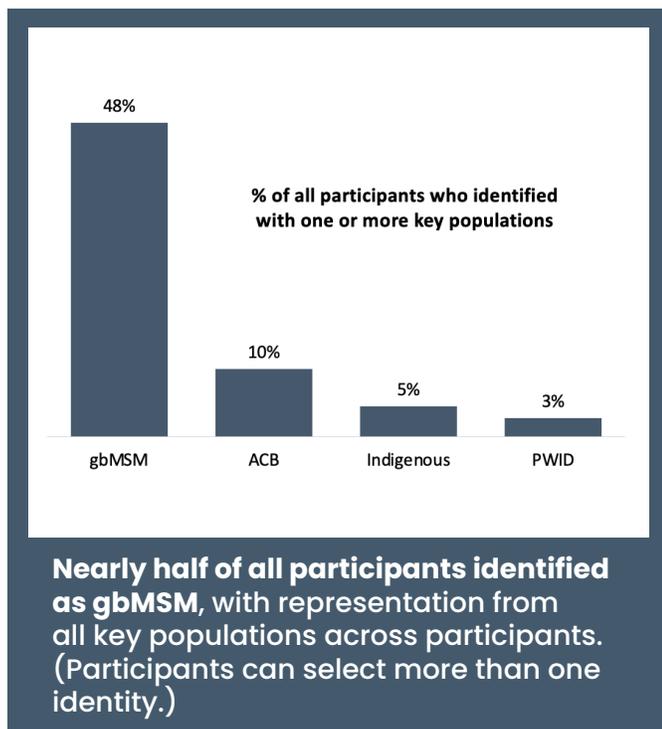
While anyone in Canada 18 and over is eligible to join the I'm Ready research program, I'm Ready is especially aiming to reach **four key populations who are disproportionately affected by HIV in Canada:**

- people who are African, Caribbean and/or Black (ACB);
- gay, bisexual and other men who have sex with men (gbMSM);
- people who use and inject drugs (PWID); and
- Indigenous Peoples (First Nations, Inuit and Métis).

64% of those who added at least one test result on the app said they were part of at least one key population.

Participants may belong to more than one of these key populations.

In this first quarter, we're not reaching all key populations to the same degree. We are reaching a significant number of gbMSM across Canada. We've also reached 82 ACB people in Ontario and 28 in Quebec. We have reached only 19 Indigenous people in Ontario, 11 in BC and 22 across the Prairies. We've had a small number of participants who use drugs enter the study: 15 in Ontario and 10 in Quebec, but only a few in other regions.



“

“We designed I'm Ready to create access and choice for testing and care in ways that can work for key populations in their communities. This is critical for reaching people who are undiagnosed so they can begin their journey for treatment and care; it's also crucial to ending HIV transmission in Canada”

- Dr. Sean B. Rourke,
Director, REACH Nexus

”

WHERE DID WE DISTRIBUTE HIV SELF-TEST KITS?

After participants finish the pre-test survey they can order up to three kits for delivery or pick up. **1,100 participants have ordered a total of 2,653 HIV self-test kits.**

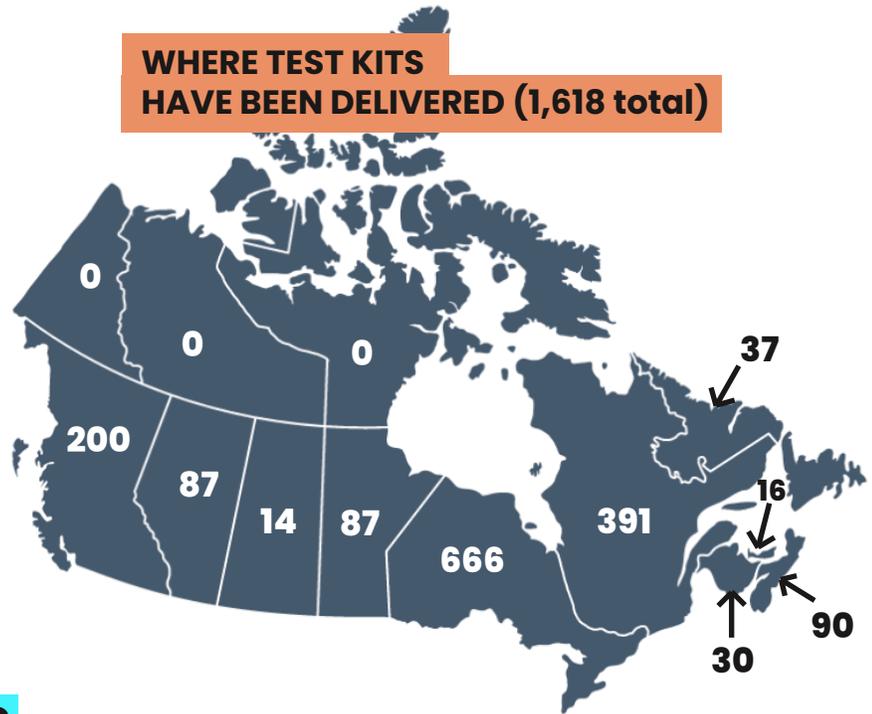


69% of kits (1,618) were delivered. →



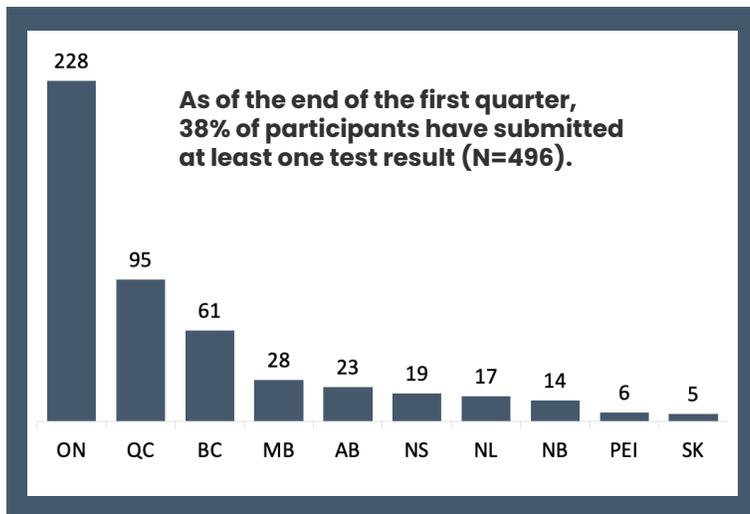
I'm Ready has 80 pickup locations across Canada. **31% of kits (1,035) were ordered for pick up at one of these community locations.** Future summaries will include more about this.

WHERE TEST KITS HAVE BEEN DELIVERED (1,618 total)



WHO SHARED TEST RESULTS IN THE APP?

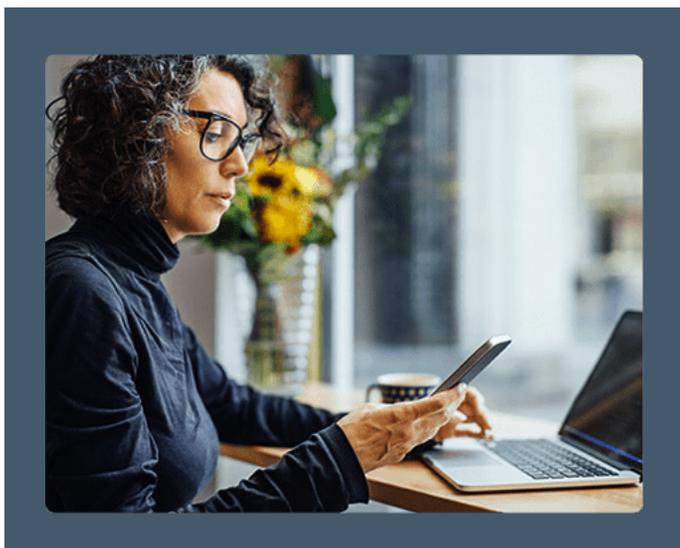
After getting their test kits, participants are asked to submit their test result in the *I'm Ready, Test* app. **496 participants reported the result of at least one test.** Participants get follow-up surveys at 1, 3 and 6 months.



3 participants submitted a positive test result in the app. Each person belonged to at least one key population.

This means that **I'm Ready was able to reach at least 3 people who were previously undiagnosed.**

PEER NAVIGATION SUPPORT: I'M READY, TALK



I'm Ready's peer navigators undergo over 6 months of specialized training. They are a critical part of ensuring I'm Ready participants are supported before, during and after they self-test for HIV—and by someone they can feel comfortable with. **Each peer brings their own lived experience to the table.**

In I'm Ready's first quarter:

- **17 peers** were on the schedule rotation;
- **13** had at least one appointment;
- **46 total appointments** booked;
- **33%** of appointments were video, while **67%** were message (chat)-based; and
- **93%** of appointments were in English, **7%** were in French.

THANK YOU

I'm Ready, brought to you by REACH Nexus at MAP Centre for Urban Health Solutions, St. Michael's Hospital, Unity Health Toronto, is possible thanks to the generous and ongoing support of our funders, and the collaboration of our partners, including our 80+ community pickup locations across Canada. **Learn more about I'm Ready and our partnerships at readytoknow.ca.**

FUNDERS



PARTNERS

