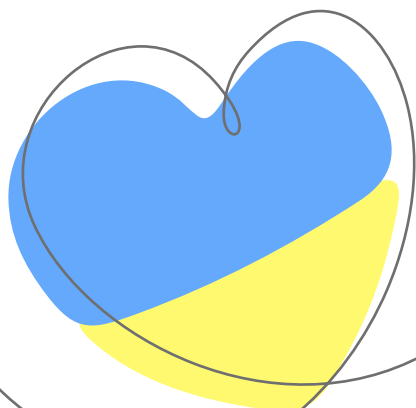
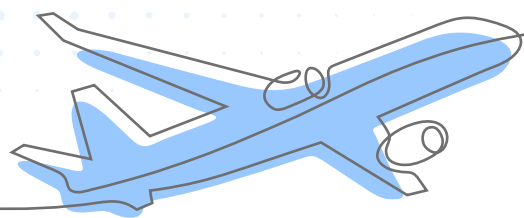
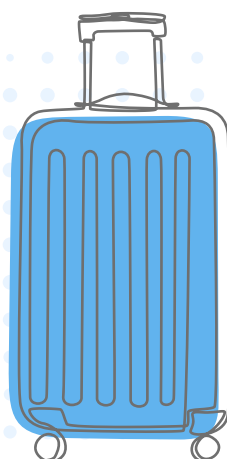
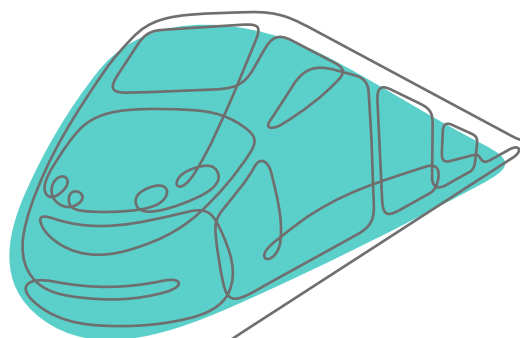


4Life4me+

ANNUAL REPORT 2022

Life4me.plus to fight AIDS,
Hepatitis C and Tuberculosis



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Executive director forward

It has been a year to ensure once again that Life4me+' work continues to be meaningful, bringing a positive contribution to people's lives and society in general. It wasn't without it's challenges but looking back, we found ourself stronger and more experienced. The Covid pandemic and worldwide lockdowns enabled us to gain new experiences in the most challenging of circumstances, finding solutions in unpredictable and urgent times. This experience has proved extremely valuable in 2022.

In addition to our core activities, during 2022, we conducted the summer camp in Germany, for Ukrainian youth living with HIV. We were supported by activists and local organizations, which enable us to spend a beautiful week in one of the youth hostels on the coast of the River Rhine.

We helped with getting therapy for a thousand patients by delivering medicine to the AIDS centre in Lviv, plus provided navigation for migrants and refugees in foreign countries.

Despite challenges we continue with educational and awareness raising activities and campaigns, against stigma and discrimination. We relaunched the U=U campaign in the Russian language, throughout Eastern Europe and the Central Asian region. We launched an educational website about vaccines and immunization, developed brochures and conducted webinars for doctors and specialists.

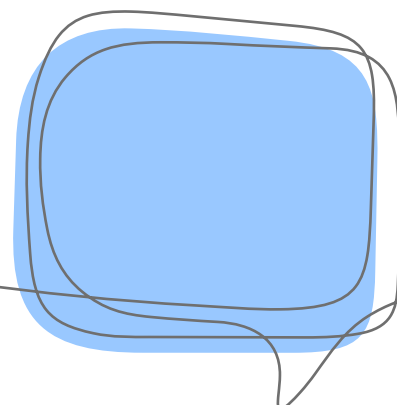
I would like to express my sincere thanks to the activists, doctors, partners, sponsors, volunteers and community. Thank you for your cooperation, positive feedback, advice and help. Many thanks to my team and Board members who provided support and worked together to realize all planned activities. Without you our work wouldn't be possible.

In conclusion I want to highlight that it is only by working together, that we were able to support and encourage many people in maintaining an undetectable level of virus, thereby getting one step closer to the end of the HIV epidemic.

THANK YOU



Liliya Ten
Executive director



Introduction and summary

Life4me.plus to fight AIDS, Hepatitis C and Tuberculosis was established in 2017. Its roots date back to 2013, when a group of activists started publishing news about HIV on Twitter. Their aim, to provide accurate information to both the community and professionals. The group expanded and evolved over four years to become an international non-profit organisation operating around the world, with its own [informational portal](#) having almost a million active users, plus a [mobile application](#) available in 15 languages.

Our key objective is to prevent new cases of HIV, Hepatitis C, other STIs and Tuberculosis. Therefore, we support people living with HIV, combat the impact of stigma/discrimination, whilst working to improve access to treatment.

The year has been focused on help and support for those affected by the war, plus ongoing awareness work. We organised a summer camp in Germany for Ukrainian young people living with HIV, helped thousands of patients to receive treatment, by delivering medicines to the AIDS centre in Lviv, plus provided navigation for migrants and refugees in foreign countries, requiring access to treatment and support.



We relaunched the U=U campaign in the Russian language, throughout Eastern Europe and Central Asia, launching an educational website on vaccines and immunization. A brochure was developed and we held two webinars for doctors and specialists.

Looking ahead, we are planning new awareness campaigns, one of which will take place at EACS 2023 in Warsaw, as well as new information programmes for clinicians and the community.

Core activities

Our core activities are focused primarily around information technology, in a variety of media formats. The main information portal is the website, with multiple crosslinks to our project’s webpages and campaigns (www.life4me.plus). It also works as a desktop portal for clinicians, using our app to lead and support patients.

Website

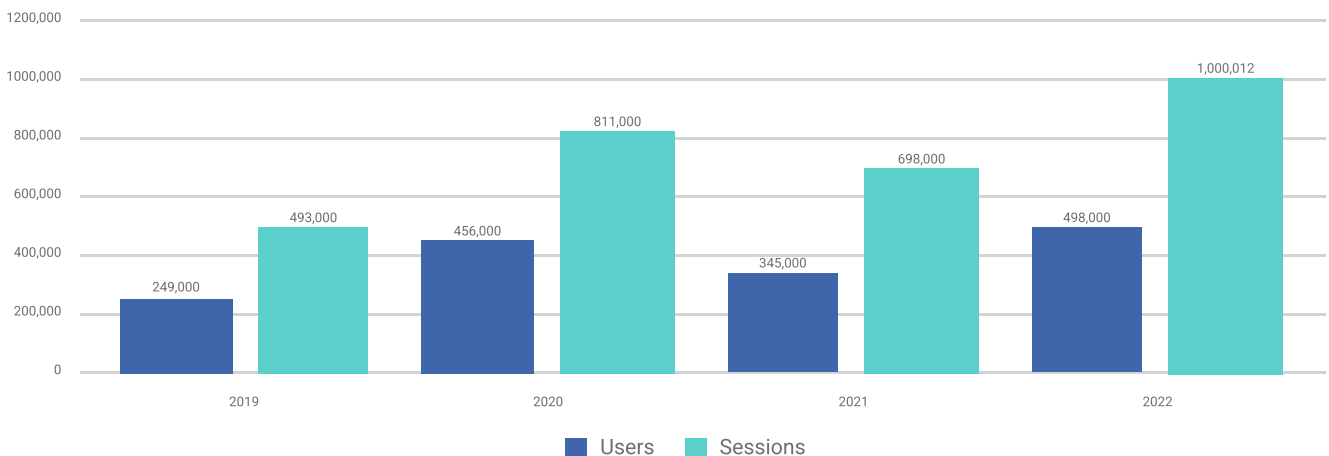
Over the years, Life4me+’s website has become well-known by people living with HIV and healthcare professionals working in this area. Our reader number is sustained and growing. Thus, during the last year 498,000 users visited the website with a total 1,000,012 sessions. This represents growth of 44% (345,000 in 2021), year on year. The average duration of each visit in 2022 year was about two minutes.



Despite the wide geographical coverage, the majority of users are from Russia, Ukraine, USA and Kazakhstan. Users from Belarus, Moldova, Uzbekistan, Kyrgyzstan, Germany, Ireland, UK each have a share between 0.5%-1.5%. Meanwhile the list of countries with under 0.5% is much wider. That can be explained by the refugees, migration and temporary relocation due to war in Ukraine.

User trends and sessions over the past years can be seen in the chart below.

Website life4me.plus



The majority of readers use a mobile phone to visit our website. That route of access has now become common practice to surf the Internet, read news and check social pages, whilst traveling to work and back. Usage of the mobile phones is growing as are users of the Life4me+ App.

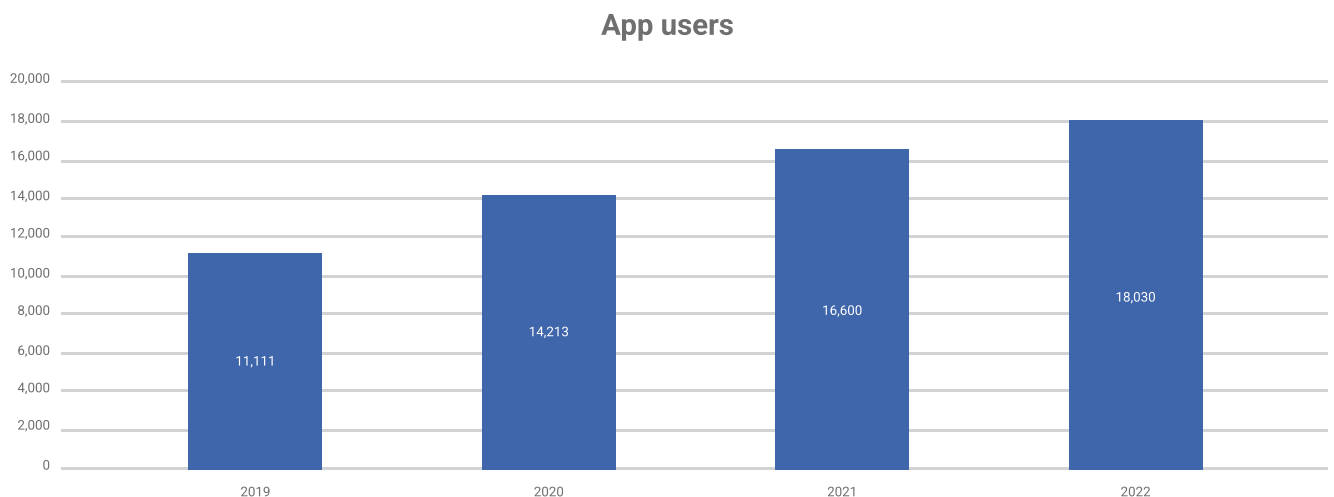
Life4me+ app

Every year we continue to improve our mobile application, and in 2022 year have released several updates. In practice, our app is proving more popular amongst those who are recently diagnosed with HIV and starting to receive their antiretroviral therapy. Also, the app could be used as a practice tool for different research projects, as the platform allows the addition of additional features.



The number of users continues to grow. We reached the milestone for 18,030 as at 31st December 2022, which represents an increase of 27% on 2020 and 9% on 2021.

App users' trends over previous years can be seen in the chart below.

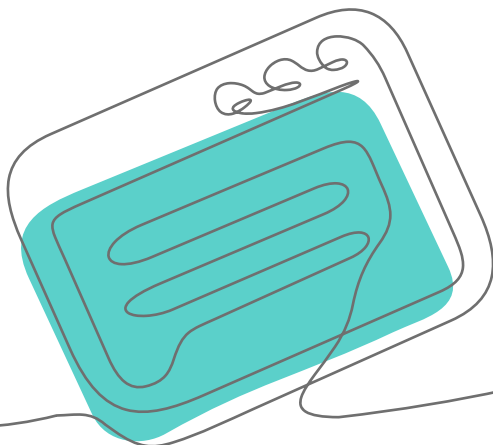
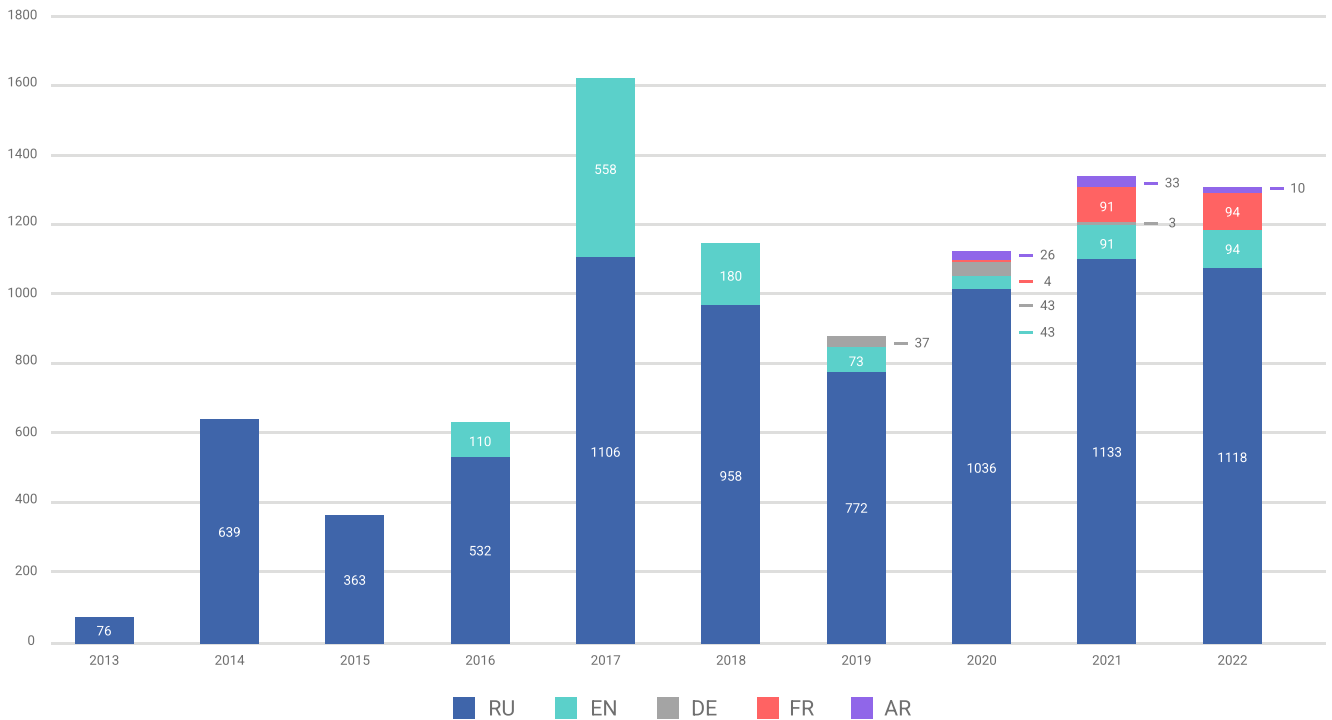


News

Raising awareness and improving access to accurate, evidence-based information is one of the most important activities we carry out. We write about HIV, viral hepatitis, tuberculosis, as well as other sexually transmitted infections and viruses. Every year, we publish thousands of articles in a variety of languages. The news is published on a daily basis.

In 2022 we published 1,316 news articles, which received (1,083,302) hits or viewings. This included: 1,118 news articles in Russian (883,300 hits or viewings), 94 news articles in English (124,484 hits or viewings), 10 news articles in Arabic (8,300 hits or viewings) and 94 news articles in French (67,218 hits or viewings). This chart summarises the trend of news over the past years.

Life4me+ published news

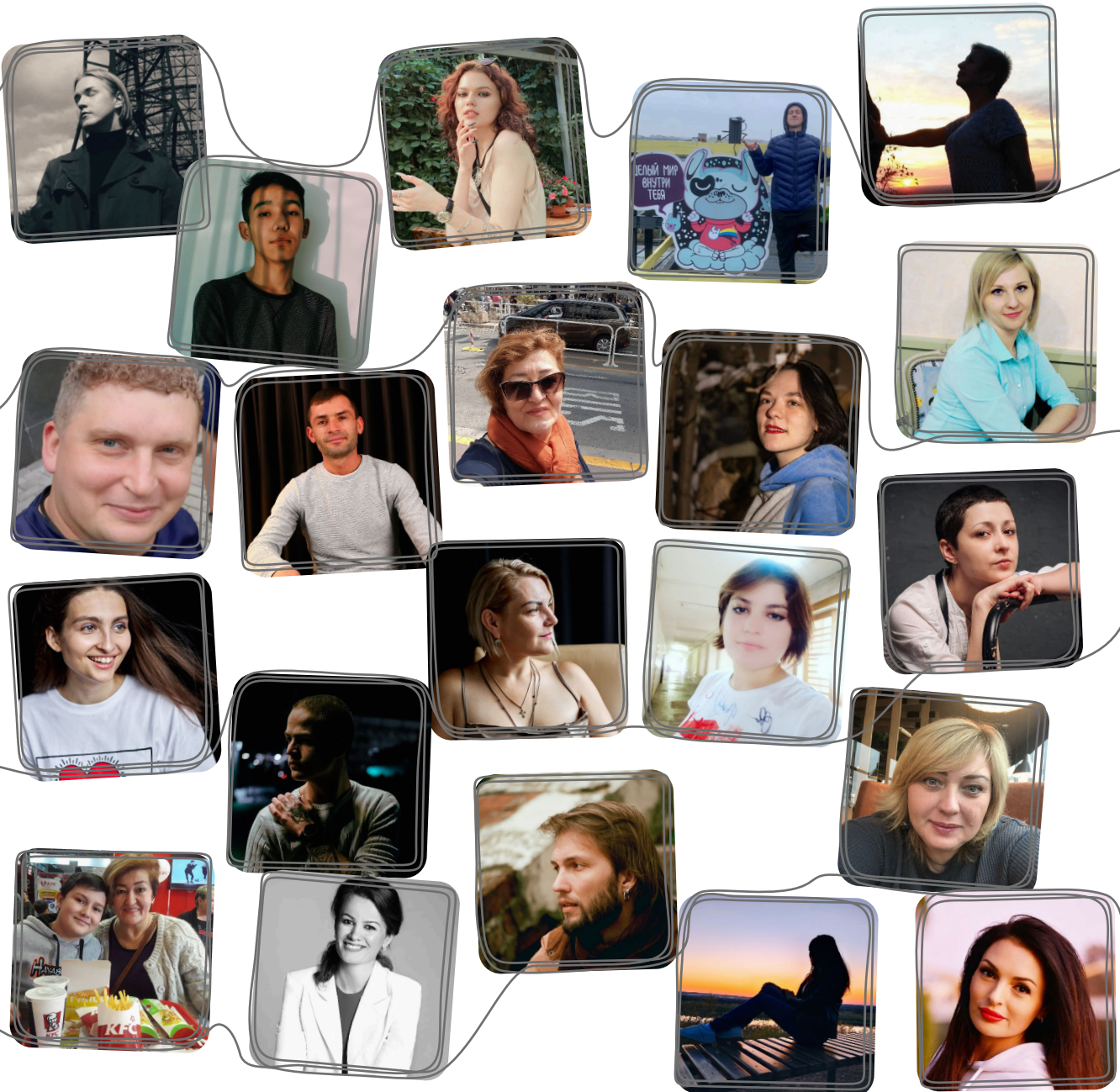


Collage column

The Collage column was launched in October 2017, as a series of interviews with peer support counsellors living with HIV, who provide psychological and informational support to people who are recently diagnosed or learned about their diagnosis. Over time, it has also included interviews with doctors, activists, relatives of people living with HIV and specialists from other settings, associated with HIV.

During the year we also introduced a new form of user interaction. Anyone who didn't want to reveal their status but wanted to share their story with others could send it anonymously and directly to our editorial team. This information was published on the organisation's social media pages and website. It was also disseminated via emails and bloggers. From the start, the editors receive several stories each month. Over the year, we have published 20 of these stories and are still receiving them on a monthly basis.

In 2022, a Collage was published of **50 interviews with 50 guests** from different countries across the East European and Central Asia region – which received **112,057 hits or viewings**.



Social media

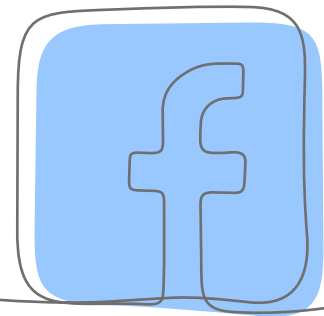
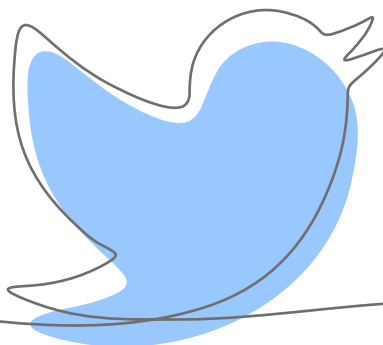
Life4me+ is present on most of the popular social media networks. Official pages are updated daily with unique content, such as news, posts, stories, videos. We see peaks and troughs in audience activity throughout the year. Restrictions in Russia has made it more difficult to promote and update information on Facebook, Instagram and Tik Tok. However, when compared with previous years, we have seen sustained organic growth through daily updates.

In the last year, Telegram has become more popular as a protected and available source of information. The number of subscribers to the Life4me+ channel has increased by 218%, from 338 to 736 readers.

During the year **5,439 posts** were published, reaching an audience of **over 1.5 million**.

More details see below in the table:

		2022		
		Posts	Engagements	Impressions
Twitter	RU	1,372	8,554	115,135
	EN	94	5,400	87,200
	Total	1,285	13,954	202,335
		Posts	Involvement	Reach
Facebook	RU	1,380	52,387	550,125
	EN	97	5,240	30,018
	Total	1,477	57,627	580,143
Instagram	RU	1,570	47,876	620,102
Vkontakte	RU	1,107	8,554	115,135



Campaign

One of our priorities is the provision of information to raise awareness, in addition to major campaigns we also have online campaigns around key dates.

IDAHOBIT

For two years we have been shooting dedicated videos for International Day Against Homophobia, Biphobia, Lesbophobia and Transphobia (IDAHOBIT) in partnership with European AIDS Clinical Society (EACS). Through these videos, we are bringing together healthcare professionals and patients, highlighting stigma and discrimination, and emphasizing the importance of tackling phobias and prejudices on all grounds. This year the video was made for social network format. It is available on our page in Tik Tok.



| World AIDS Day

We are also open to collaboration with partners. In 2022, we've engaged activists and people living with HIV to participate in an online campaign dedicated to 1st December (#WorldAIDSDay2021), launched by Janssen Cilag.

"For me, World AIDS Day is a confrontation with ignorance. Because ignorance opens the door to death, which until recently was inevitable. Today there is a choice, and I choose life".

Dennis, from Russia - living with HIV for 9 years.

How it started:



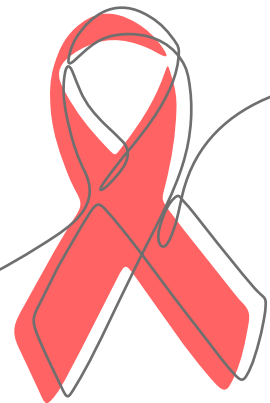
2012

How it's going:



2021

#WorldAIDSDay2021



"I have been living with HIV all my adult life. I am happy that I was able to accept myself as I am. I am a happy mother expecting a third child, I'm a loving wife, and I have the coolest friends. I love this life".

Alena from Russia, living with HIV since 2003.

How it started:



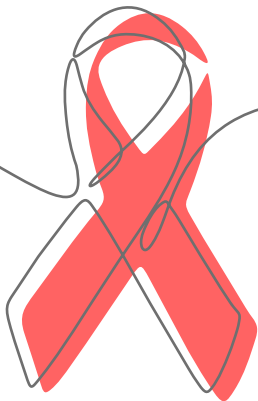
2003

How it's going:



2021

#WorldAIDSDay2021



U=U in EECA

Unfortunately, there are still many places where patients don't know about U=U and doctors refuse to provide this information. October 2022 marked the fifth year of our Russian-language campaign in Eastern Europe and Central Asia.

In the run-up to this date, we have relaunched the campaign and developed additional information and promotional materials, for doctors and patients. These are available on the website in a variety of formats. They can be downloaded and printed.



More <https://life4me.plus/en/campaigns/nravnon/>

Vaccines and immunization

Launched in 2021, the project aims to re-educate society about vaccines and immunisation.

Information about vaccines, their types, effectiveness and quality control is presented in simple terms on a dedicated website (www.vakciny.org). In addition, a [brochure](#) on vaccination and HIV has been developed in collaboration with experts and two webinars have been held. The webinars were aimed at people living with HIV, doctors and professionals working in NGOs. They were held by invited experts - physician specialising in infectious diseases and biologists involved in vaccine production. These webinars were attended by 200 people. Over 500 people watched them on our channel on [YouTube](#).



More information of the campaigns can be found in Appendix to this report.

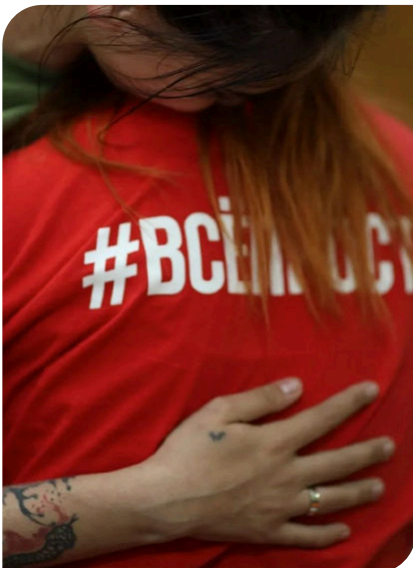
Projects & Collaborations

Summer camp for youth

Cooperation began in 2021 and continued in 2022 with the organisation of summer camps for children and young people living with HIV. However, there were changes due to the war.

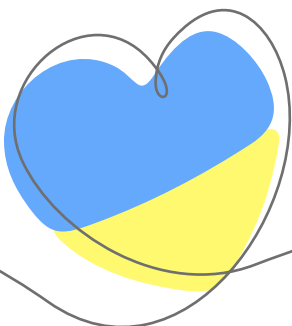
The original plan was to organise it in Central Asia, Kyrgyzstan, but this became impossible to organise. It was decided to hold a series of separate events in different countries.

In July, we supported a summer camp in Tatarstan, which brought together 80 participants, including children, people living with HIV and experts.



The Summer Camp in the EU was organised by the Life4me+ team in partnership with the local non-profit organisations for youth from Ukraine. It took place in Cologne, Germany from August 15th to 20th.

This attracted 33 participants, to engage in activities with the aim of uniting young people who have been scattered across different cities and countries from the European Union. This created a safe platform for mutual support and communication, providing useful information helping them adapt to life in a new country, maintain adherence to treatment and develop peer projects. Videos from the camp is available on our [channel](#) on YouTube.



Stay on ART

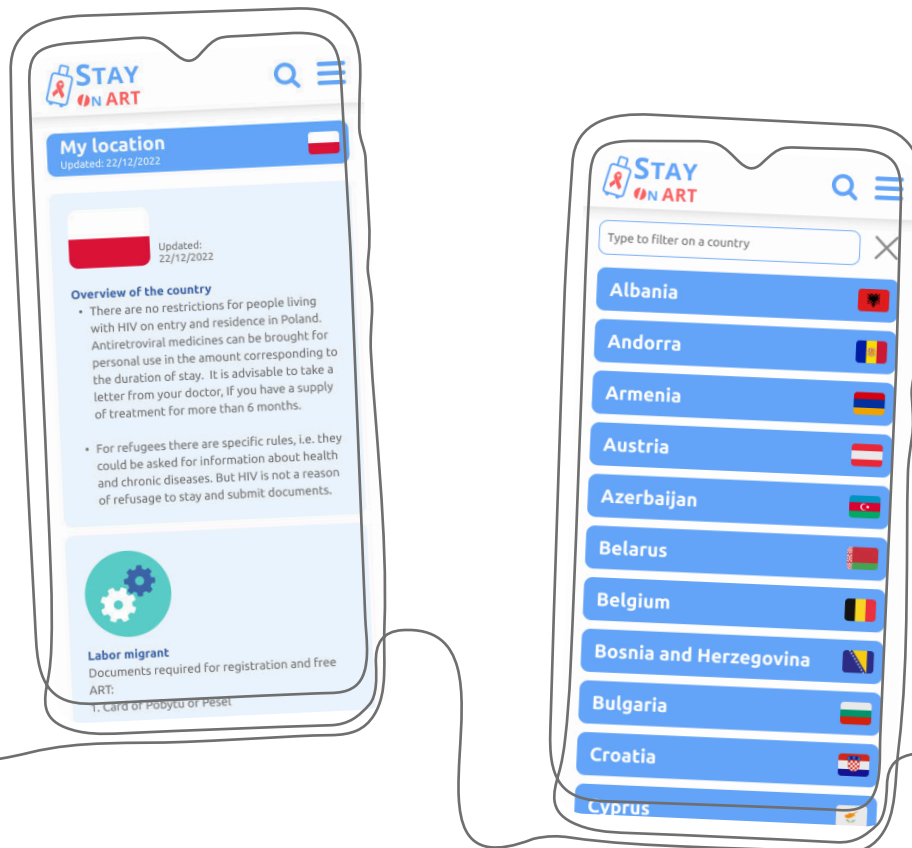
This project was initiated in 2020, during the Covid lockdown period, when people were stranded in foreign countries without any stock of ART (antiretroviral therapy). This has enabled us to understand how access to therapy can be improved for migrant workers, refugees and people who are permanently relocated.

From the outset, we noticed that the majority of economic migrants come from the Balkans and Eastern Europe to countries in Central and Western Europe. At the moment there are also refugees from the Ukraine and resettled people from Russia.

During the first days of the war in Ukraine we created a dedicated group, within the Telegram messaging App, to provide information about access to ART in different countries, specifically aimed at refugees. We also organized online fundraising to help patients in Lviv.

In just 10 months of 2022 (from February till December), over 500 people received support and consultation.

This project is now titled “Stay on ART” and has a separate website (currently in test). The website contains brief information about countries within the WHO European Region, for HIV purposes. It is specifically targeted at those people planning a long-term stay in another country for work or migration purposes. It provides step-by-step procedures, including a list of documents, required for access to healthcare and antiretroviral treatment. It also provides useful links, addresses and additional options for emergency situations. It covers 12 countries and can be viewed in 5 languages, Ukrainian, Russian, English, Serbian and Slovenian.



More information of the campaigns can be found in Appendix to this report.

Follow up activities

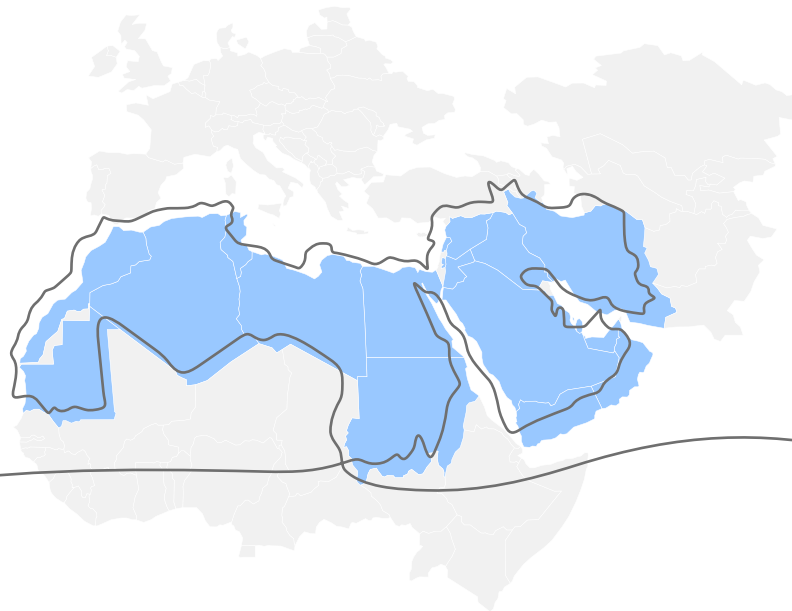
COVID-19 and HIV

Since the COVID-19 pandemic, we have been supporting people living with HIV who are stranded abroad because of ART stock-outs. Currently, this component of the work has been expanded into a separate project.

However, the information part of the project is still ongoing. The website with information on Covid and HIV, which was launched in March 2020, is regularly updated with new information.

MENA region

We continue to work with the MENA (Middle East and North Africa) region in the following countries: Algeria, Bahrain, Egypt, Iran, Iraq, Jordan, Kuwait, Lebanon, Libya, Morocco, Oman, Palestine, Qatar, Saudi Arabia, Syria, Tunisia, United Arab Emirates, Yemen, Mauritania, Sudan.



Our local partners in the MENA region are: Solthis, ITPC MENA, Arab Foundation for Freedoms & Equality (AFE MENA), M-Coalition, Association Tunisienne De Prévention Positive, Marsa, Al-Shehab Institution for Promotion and Comprehensive Development.

Together we work to improve access to information on HIV prevention, treatment and care, hepatitis B and C and tuberculosis, sexual and reproductive health, monkeypox and harm reduction for Arab populations.

Life4me+ provides

- Regular technical and advisory support to partners on the Life4me+ website and mobile application;
- Ongoing platform operations and updates in Arabic and French;
- Provide training as requested;
- Statistical reports on the number of people using the app, visiting the website, etc.

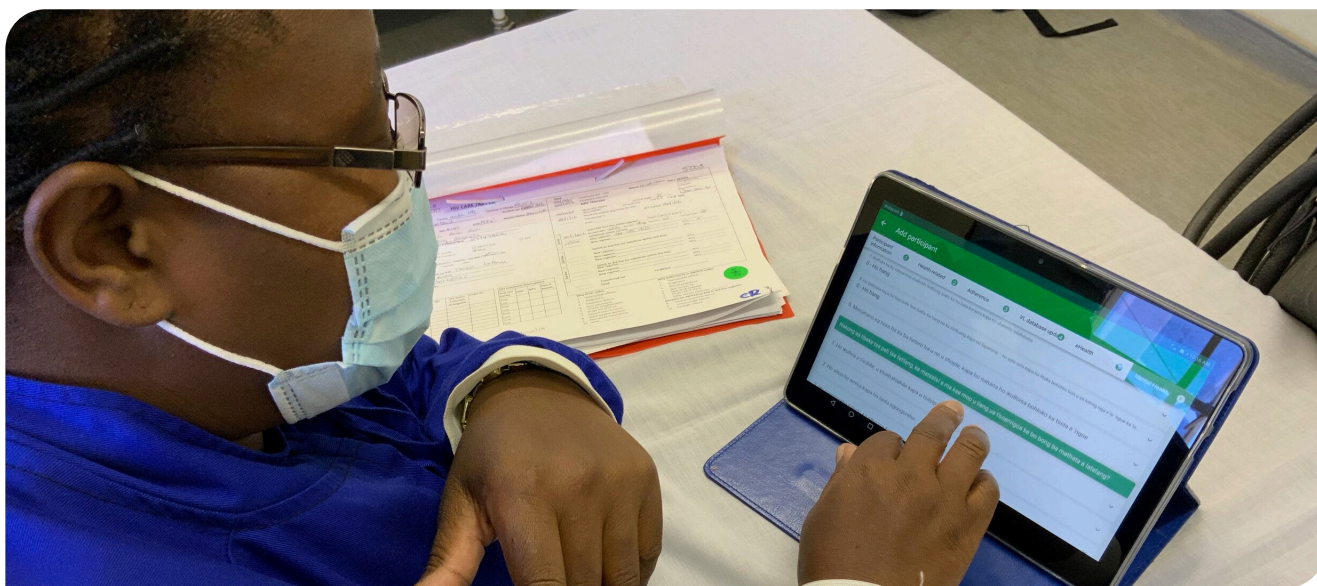
VITAL app in Lesotho

VITAL is a long-term, ongoing research project in which Life4me+ is involved as a technical partner. The specific application developed by Life4me+ was launched in 2021 and is still working successfully. Every year, we provide technical support and development of updates on the basis of requests.

The VITALapp is in use in 18 nurse-managed research clinics in Lesotho, aimed at improving the clinical management of people living with HIV.

The App builds on five main pillars:

1. Clinical decision support tool, that issues recommendations for clinical management to nurses.
2. Ensuring good documentation and follow-up of laboratory results, i.e. viral load result communication to patients.
3. Implementing a differentiated service delivery model by shifting resources from patients who are doing well to patient groups who may need more attention, such as those with treatment failure or medical and psychosocial problems.
4. Allowing the health systems and patients to save resources while improving quality of care;
5. Capturing data on medical gaps (including mental health) in Lesotho, which can be filled in the future.



The VITAL app was developed in collaboration with the Swiss Tropical and Public Health Institute within a clinical trial. The trial was registered on ClinicalTrials.gov on August 27th 2020 under NCT04527874.

<https://www.vital-lesotho.org/>

Study publications: [PLoS One](#), 5 May 2022; [BMC Pilot and Feasibility Studies](#), 11 March 2022.

Happiness - mobile app

The mobile application with the working title "Happiness" was started by Life4me+ in 2021 and its alpha version was released at the beginning of 2022.

It has three main pillars:

1. Patient interaction and engagement.
2. Collecting a variety of data.
3. Lifestyle improvement based on the comparison of different indicators.

The basis of the app, its algorithm, has been developed on elements of artificial intelligence to support and improve the lives of people living with HIV. The aim is to develop self-coaching and self-management solutions, which will support and enable improved relationships with clinicians, to enhance condition management, to support living well with HIV.

This year, due to the war and the ensuing changes, the testing phase was temporarily suspended.



Conference/forum participations

This year we took part in the following conferences and forums:



CROI 2022, 29th Conference on Retroviruses and Opportunistic Infections
12-16 February, 2022, SeatUSA (virtual)



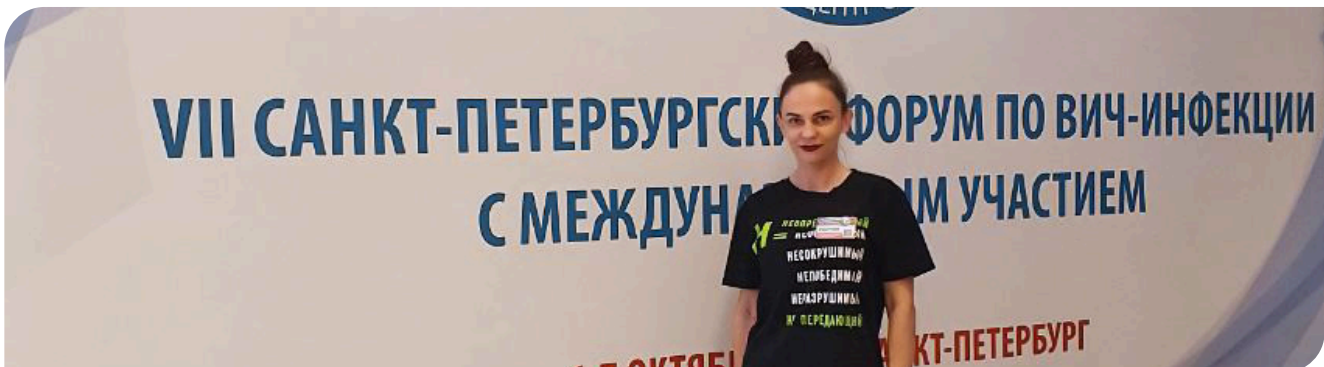
AIDS 2022, 24th International AIDS Conference, 29 July – 2 August, 2022,
Montreal, Canada



Seventh St. Petersburg Forum on HIV, 6-7 of October, 2022, St. Petersburg,
Russia

Presentation

"Access to treatment and prevention through the use of social networks"

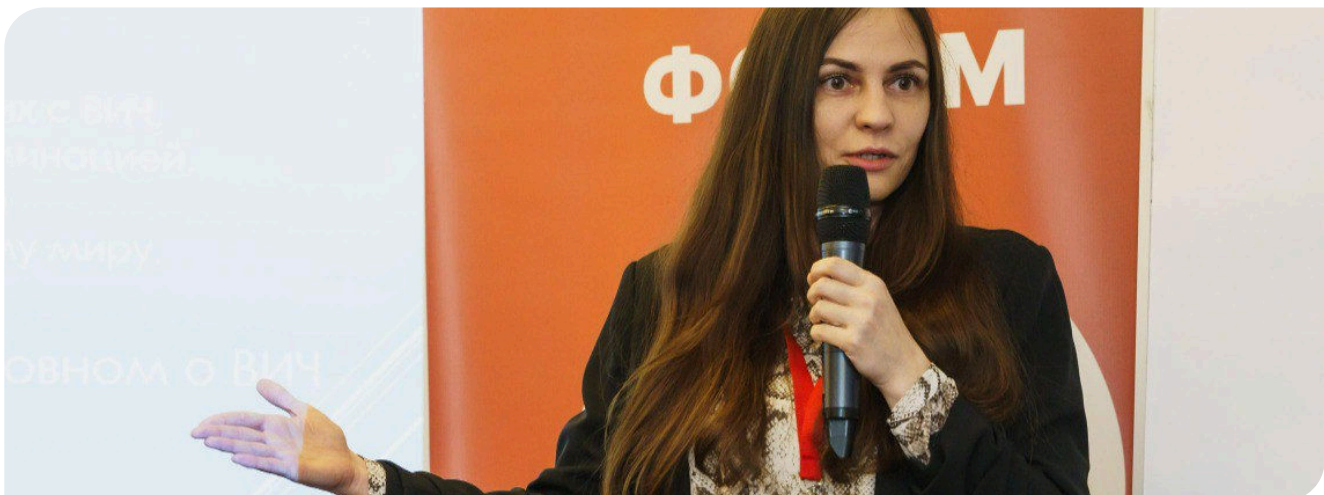


ФОРУМ

ПРОБЛЕМЫ ВИЧ/СПИДА
В МОЛОДЕЖНОЙ СРЕДЕ:
ПУТИ РЕШЕНИЯ
И ПРОФИЛАКТИКА



Forum "Problems of HIV/AIDS among young people: solutions and prevention",
29 November, 2022, St. Petersburg, Russia



Partners

 World Health Organization	 UNAIDS	 100% LIFE	 AHF GEORGIA	 AIDS-HILFE SCHWEIZ AIDE SUISSE CONTRE LE SIDA AIUTO AIDS SVIZZERO
 nam aidsmap	 Berliner Aids-Hilfe e.V.	 MFH CRNOGORSKA FONDACIJA ZA HIV I VIRUSNE HEPATITISE	 AFE ARAB FOUNDATION المؤسسة العربية for freedoms & equality للحريات والمساواة	
 Deutsche Aidshilfe	 ASOCIJACIJA DUGA	 FES FUNDACIJA EDUKACIJI SPOLECZNEJ	 AIP Association Lusienne de Prevention Positive	 marsa Sexual Health Center
 HELP NOW hub	 ITPC EECA Международная коалиция по готовности к лечению Восточной Европы и Центральной Азии	 juventas	 LEGBITRA	 Solthis years
 ITPC INTERNATIONAL TREATMENT PREPAREDNESS COALITION MENA	 Coalition	 LIFE 2.0	 GHYN საქართველოს სპილენძის ქსელი GEORGIAN HARM REDUCTION NETWORK	 EQUALITY MOVEMENT
 pereboi.kg		 Real World People	 pereboi.kz	 British RedCross
 TOGETHER WE CAN	 гуманитарное действие	 НОВАЯ ЖИЗНЬ	 ПАЦИЕНТСКИЙ КОНТРОЛЬ www.pereboi.ru	 POTENT NACIONALNI CENTAR ZA SEKSUALNO I REPRODUKTIVNO ZDRAVLJE
 ФОНД «ШАГИ»	 EACS European AIDS Clinical Society	 EATG European AIDS Treatment Group	 ECOM	 Эстонская Сеть Людей Живущих с ВИЧ
 Eurasian Women's Network on AIDS	 GILEAD Creating Possible	 GNP+ GLOBAL NETWORK OF PEOPLE LIVING WITH HIV	 ehra	 GS:SG Gemeinnützige Stiftung Sexualität und Gesundheit
 Initiativa POZITIVĀ	 ITPC INTERNATIONAL TREATMENT PREPAREDNESS COALITION	 LASKY	 Фонд Светланы Изамбаевой	 ALLIANCE GLOBAL
 MSD	 prevention access campaign	 ПАРНИ+	 POSITIVELY UK	 THE GRACE
 ViiV Healthcare	 WE&CARE+ Women in Europe and Central Asia Regions		 janssen PHARMACEUTICAL COMPANY OF Johnson & Johnson	 UNDETECTABLE - UNTRANSMITTABLE

Engagement & Support

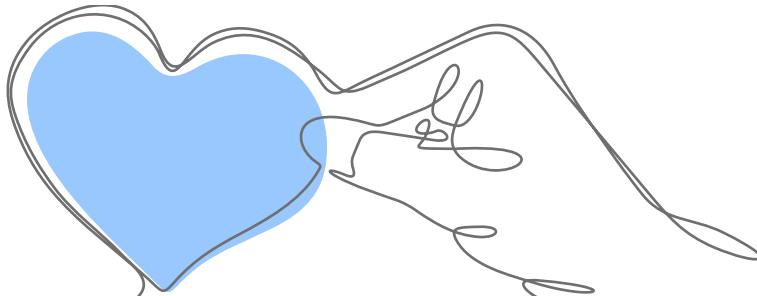
The work of the Life4me+ would not be possible without the voluntary commitment of its members and volunteers. During this year we had 12 paid specialists and more than 19 volunteers.

We would like to thank everyone who helped us.



Thank you for your cooperation, positive feedback, advice and help. Many thanks to my team and board members who supported and worked together, enabling all of the planned activities to be realised.

Without you, our work wouldn't be possible.



Finances

Verein Life4me.plus, 5000 Aarau

Balance sheet as at 31. 12. 2022

ASSETS	2022		2021	
	CHF		CHF	
Bank	182 407,47	97,49%	121 422,92	71,28%
Liquid assets	182 407,47	97,49%	121 422,92	71,28%
Accrued revenue	554,35	0,30%	40 912,36	24,02%
Accrued income	554,35	0,30%	40 912,36	24,02%
Current assets	182 961,82	97,78%	162 335,28	95,30%
Vehicles	900,00	0,48%	1 500,00	0,88%
Movable Tangible assets	900,00	0,48%	1 500,00	0,88%
Software	22 755,16	12,16%	22 775,16	13,36%
Value adjustment on Software	-19 504,16	-10,42%	-16 254,16	-9,54%
Intangible assets	3 251,00	1,74%	6 501,00	3,82%
Fixed assets	4 151,00	2,22%	8 001,00	4,70%
Total assets	187 112,82	100,00%	170 336,28	100,00%

Balance sheet as at 31. 12. 2022

Liabilities	2022		2021	
	CHF		CHF	
Other short-term liabilities	0,00	0,00%	0,00	0,00%
Current account participant	3 200,00	1,71%	17 615,48	10,34%
Other short-term liabilities towards participants & organs	3 200,00	1,71%	17 615,48	10,34%
Deferred liabilities	2 500,00	1,34%	45 284,80	26,59%
Deferred liabilities	2 500,00	1,34%	45 284,80	26,59%
Fonds	170 000,00	90,85%	100 000,00	58,71%
Fonds	170 000,00	90,85%	100 000,00	58,71%
Dept capital	175 700,00	93,90%	162 900,28	95,63%
Association capital	7 436,00	3,97%	1 024,27	0,60%
Annual profit	3 976,82	2,13%	6 411,73	3,76%
Net profit as at 31.12	11 412,82	6,10%	7 436,00	4,37%
Equity	11 412,82	6,10%	7 436,00	4,37%
Total liabilities	187 112,82	100,00%	170 336,28	100,00%

Operating statement from 01. January to 31. December

	01.01. - 31.12.2022		01.01. - 31.12.2021	
	CHF		CHF	
Earmarked Donations	144 091,89	98,55%	209 191,03	90,55%
Donations without earmarking	2 118,32	1,45%	21 811,72	9,44%
Other incomes	0,00	0,00%	7,80	0,00%
Total income	146 210,21	100,00%	231 010,55	100,00%
Project costs & costs of development	-27 048,74	-18,50%	-134 253,98	-58,12%
Direct expenses	-27 048,74	-18,50%	-134 253,98	-58,12%
Gross profit	119 161,47	81,50%	96 756,57	41,88%
Wage costs	0,00	0,00%	-49 505,45	-21,43%
Social insurances	22,65	0,02%	-6 681,85	-2,89%
Third party staff	-25 620,12	-17,51%	0,00	0,00%
Total personnel expenses	-25 597,47	-17,51%	-56 187,30	-24,32%
Gross profit 2	93 564,00	63,99%	40 569,27	17,56%
Rental expense	-2 000,00	-1,37%	-2 000,00	-0,87%
Maintenance, repair, replacement	0,00	0,00%	-2 756,28	-1,19%
Insurance premiums	-188,00	-0,13%	-435,30	-0,19%
Administration expenses	0,00	0,00%	-754,20	-0,33%
Postage	-764,72	-0,52%	-580,95	-0,25%
Fees, donations	-134,56	-0,09%	-319,05	-0,14%
Consulting fees, accounting fees	-2 899,50	-1,98%	-2 498,05	-1,08%
Board expenses	-1 200,00	-0,82%	0,00	0,00%
Other administration expenses	0,00	0,00%	-4 494,55	-1,95%
Internet and web Services, Hosting	-2 712,56	-1,86%	-2 913,90	-1,26%
Advertising expenses	-3 421,37	-2,34%	-1 457,19	-0,63%
Travel- and representation expenses	-1 893,60	-1,30%	-11 452,07	-4,96%
Total operating expenses	-15 214,31	-10,41%	-29 661,54	-12,84%
Operating result before amortisation and adjustments, interests and taxes (EBITDA)	78 349,69	53,59%	10 907,73	4,72%
Depreciation	-3 850,00	-2,63%	-4 266,40	-1,85%
Operating result before interests and taxes (EBIT)	74 499,69	50,95%	6 641,33	2,87%
Financial expenses	-522,87	-0,36%	-229,60	-0,10%
Total financial result	-522,87	-0,36%	-229,60	-0,10%
Operation result before Fund allocation	73 976,82	50,60%	6 411,73	2,78%
Fund allocation	-70 000,00	-47,88%	0,00	0,00%
Annual profit	3 976,82	2,72%	6 411,73	2,78%

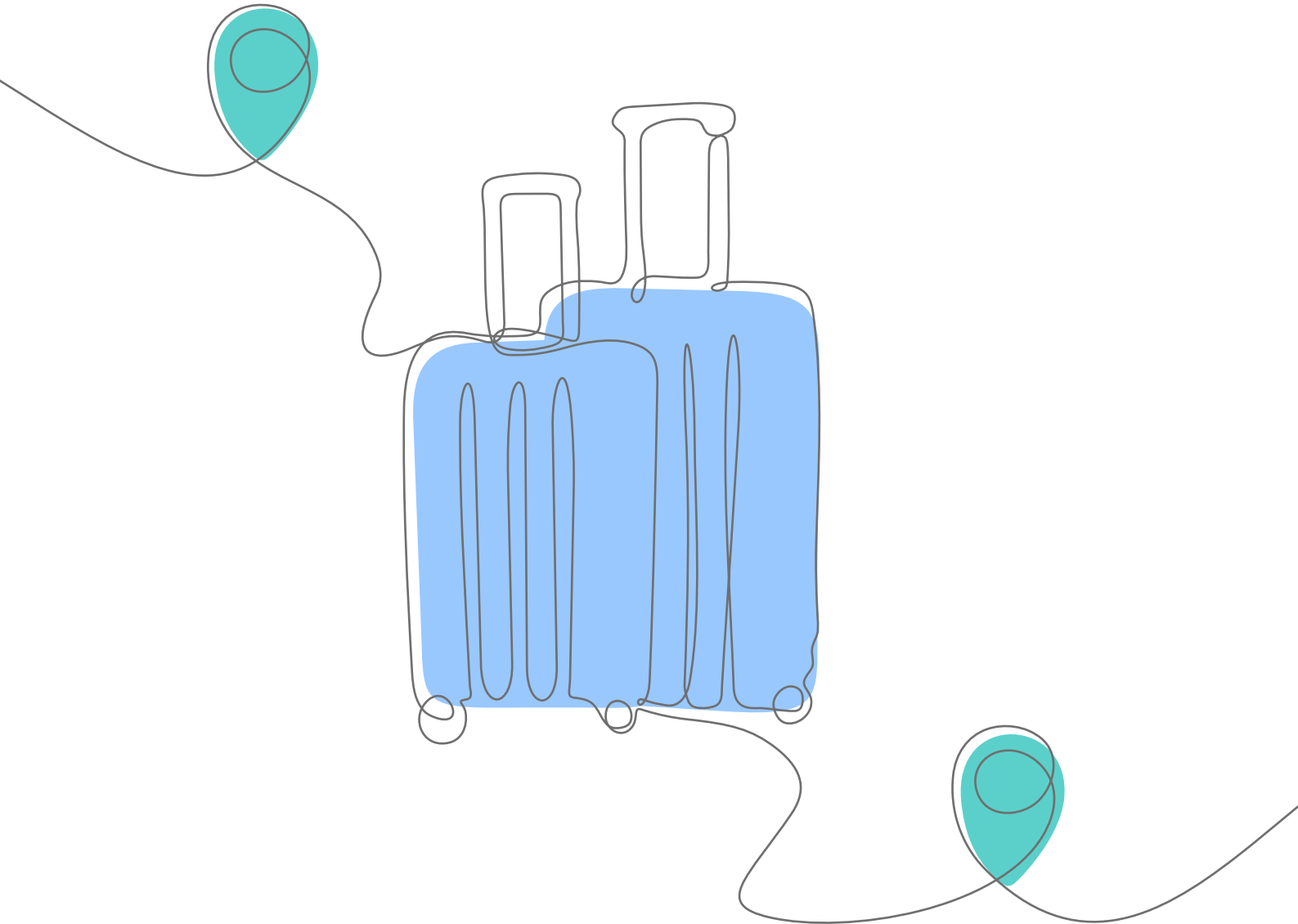
Appendix

Background

On 24 February 2022, millions of lives were torn apart, and Life4me+ was no exception.

Our international team of volunteers and staff are based across several countries, including Ukraine. In the new constantly changing world, we have tried to continue our work and be ready to change our strategy in response to new challenges.

Here you can find more information about the campaigns that were organized during the year. As well as projects and activities to support refugees from Ukraine and migrants in general.



Campaigns

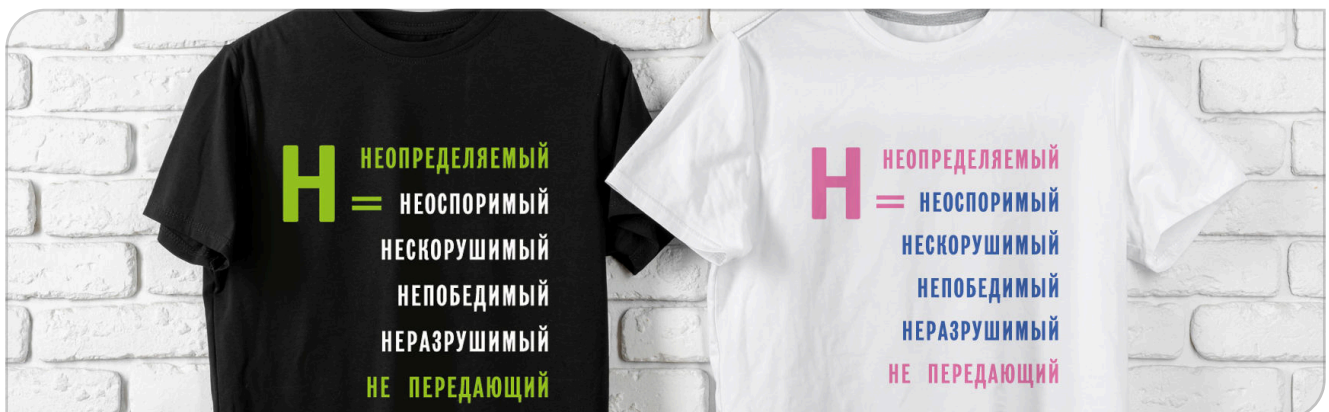
U=U in EECA

Goal: Draw attention to the main campaign message and motivate health care professionals to share this information with their patients.

Duration: 21 November to 5 December 2022.

The launch of the second phase of the campaign was timed to coincide with the 5th anniversary. During second phase anyone could support the campaign by spreading the word about U=U via social networks, websites and on-site events.

- Four types of banner were created. Each had a different message.
- A brochure about the U=U campaign was produced.
- Special T-shirts with the campaign message.
- Social media, local events and email blasts were used to disseminate information.



All materials were designed and produced ready to print.

Prior to the launch of the second phase of the campaign, these materials were made available on an open access web site. Any organisation, individual activist or healthcare provider could download and print the materials.

Information about the second phase of the campaign was published on the official website, social media pages and distributed to partners. During the campaign, daily posts were made on social networks to spread information about the meaning of the U=U.

Notably, the reach of the campaign was not the same as five years ago, but in the current climate it's very important to draw attention back to the main campaign message.



Vaccines and immunization

The Covid pandemic has shown how many misconceptions and myths there are about the efficacy and safety of vaccines. Unfortunately, there are a lot of misconceptions among activists and even among medical professionals.

Goal: Raise awareness of the vaccine's efficacy and motivate the targeted to get vaccinated.

Duration: 2021 - ongoing

- Launched a dedicated website
- Developed a dedicated brochure
- Conducted two webinars with invited experts

The website and the brochure are written in simple easy to understood language.

The brochure is available for readers and can be downloaded and printed. Its purpose is to improve access to information for NGOs and government health workers. It is available for use free of charge.



The invited specialists were:

Biologist, the Head of an NGO working to educate and popularize immunoprophylaxis and author of the popular blog on vaccines, Antonina Oblasova.

Specialist in Infectious Diseases, Head of the Vaccine Prophylaxis Unit, University Hospital H- Clinic Ekaterina Stepanova.

The webinars were accessed and followed by 200 participants from different EECA countries including Estonia, Belarus, Kazakhstan, Kyrgyzstan etc. Over 300 watched the recording on our You tube channel.



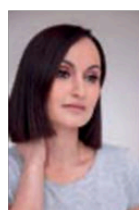
Вебинар «Вакцинация и ВИЧ» 18 октября в 14:00 (время московское).

В связи с большим количеством запросов и повышенным интересом к теме мы решили повторить вебинар “Вакцинация и ВИЧ”. Если вы не нашли возможность подключиться в прошлый раз, не пропустите встречу 18 октября. Вебинар предназначен для специалистов и активистов, работающих в области лечения и профилактики ВИЧ-инфекции. Мы раскроем такие вопросы, как история создания вакцин и почему они появились, разновидности и состав вакцин, подробнее поговорим о вакцинации и ревакцинации людей, живущих с ВИЧ, вспомним самые распространённые мифы о прививках. А также обсудим передовые разработки вакцин от онкологии и ВИЧ.

Программа вебинара: 14:00 - 14:10 Приветственное слово. Директорка Life4me+ Лилия Тен
14:10 - 14:55 «Иммунопрофилактика: основы»
Антонина Юрьевна Обласова
14:55 - 15:10 Ответы на вопросы
15:10 - 15:55 «Вакцинация людей, живущих с ВИЧ»
Екатерина Юрьевна Степанова
15:55 - 16:10 Ответы на вопросы
16:10 - 16:15 Подведение итогов

Приглашенные эксперты:

Обласова Антонина Юрьевна



Биолог, выпускница биологического факультета СПбГУ, общественный деятель, соучредитель и директор АНО по развитию и поддержке вакцинопрофилактики “Коллективный иммунитет”, автор блога о вакцинации “Антонина О. Вакцинах”, соавтор проекта “Прививки от рака”, автор обучающего курса, аккредитованного в системе НМО, «Delta-V: иммунопрофилактика для среднего медперсонала».

Степанова Екатерина Юрьевна



Врач-инфекционист, к.м.н., заведующая отделением вакцинопрофилактики Университетской клиники H-Clinic. Специализация: диагностика и лечение ВИЧ-инфекции, оппортунистических инфекций при СПИДе, вирусных гепатитов, профилактика ВИЧ-инфекции в дискордантных парах. Экспертка по вакцинопрофилактике, со специализациями – люди, живущие с ВИЧ, ревматология и онкология.

Участие в вебинаре бесплатное, просьба пройти регистрацию по ссылке:

<https://cutt.ly/QBkRn13> до 17 октября 19-00 по МСК.

Количество мест ограничено. Подключиться смогут только те, кто зарегистрируется и во время подключится к конференции.

Вебинар проводится некоммерческой организацией Life4me+ при поддержке Janssen-Cilag (Янсен-Силаг)

в рамках просветительской кампании “Вакцины и иммунизация”

life4me.plus/ru/campaigns/vaccine

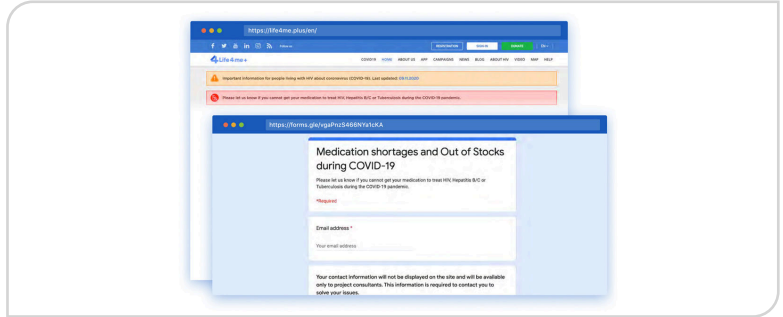
Life4me+ to fight AIDS, Hepatitis C and Tuberculosis e.V., Girixweg 7, 5000 Aarau, Switzerland

Projects

Stay on ART

2020
Covid Help for stranded people

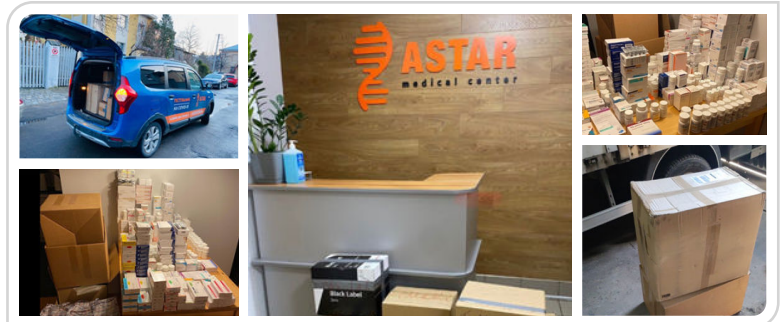
2021
Help for labour migrants



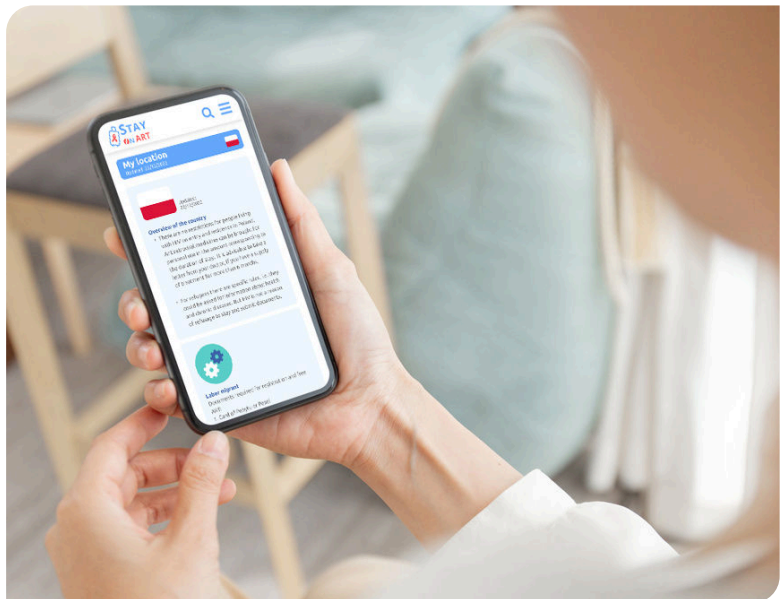
Feb.-Dec.2022
Life4me+help



Apr 2022
Help to Lviv



2023
Stay on ART

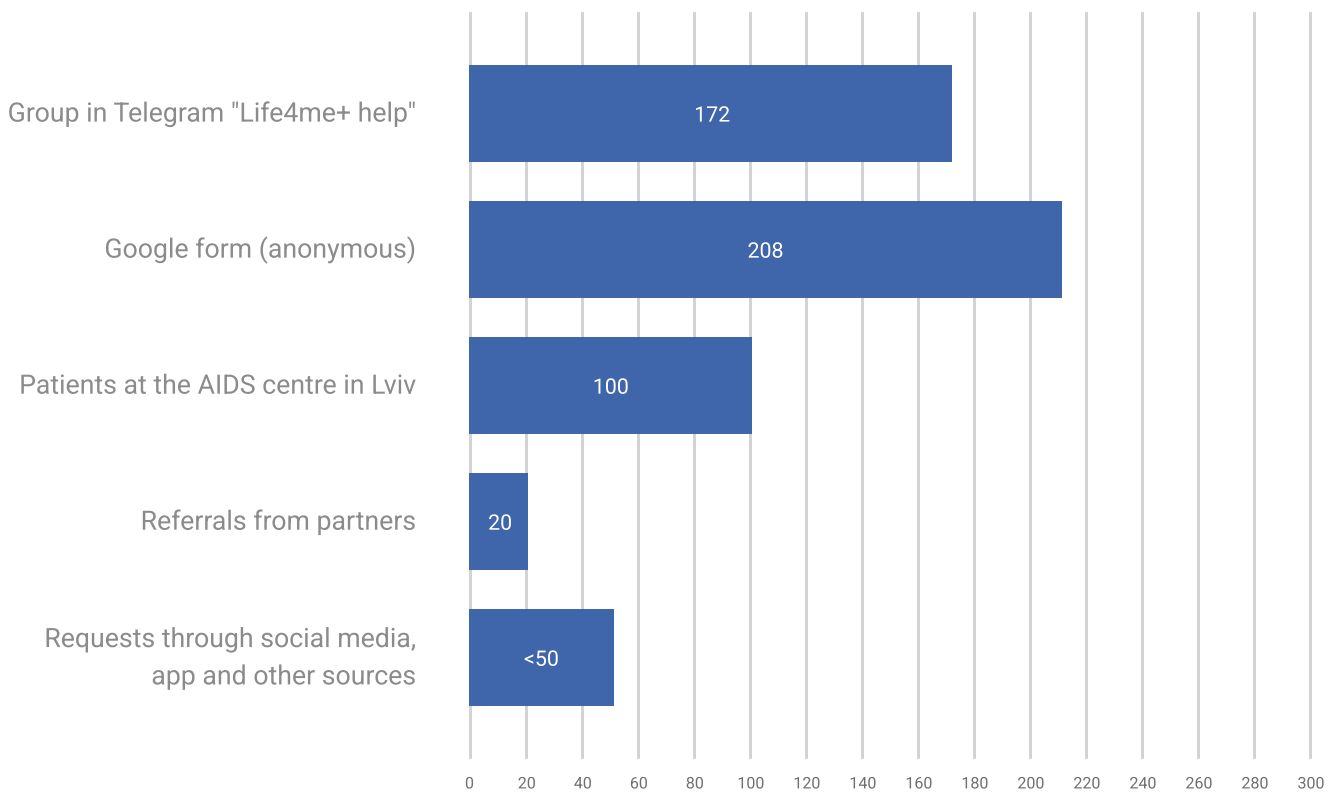


Life4me+ Help is a Telegram group, set up to provide information and advice for refugees from Ukraine, displaced as a result of the war. Information gathered from the web, partners and the community is provided. The main focus is on treatment and access to ART.

The number of members increased to 140 from February to July 2022. The second, smaller wave was in October-November 2022. This was after the news of mobilisation in Russia. The group currently has 173 users who have received help and needed information.

Together with our partners in Germany ([GSSG](#)), we have organised a fundraising campaign to supply antiretroviral drugs to an HIV clinic in Lviv, Ukraine. In April, ART sufficient to treat 100 people was delivered to Lviv.

The project was later given the official title and design of "Stay on ART", bringing together all of the previous activities into one.



Conclusion

It has been a challenging year, but a productive one. It has forced us to look at our work in a new way. It has taught us to be flexible and resourceful in the face of new circumstances. It's shown once again that only by working together can we make a difference and help even more people.

