what's your score?

keep this low! ↓

More than 10,000 copies/mL

between 201-10,000 copies/mL
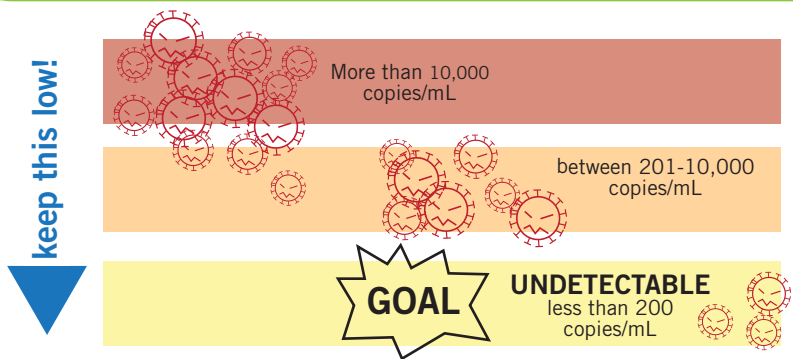
GOAL — **UNDETECTABLE** less than 200 copies/mL
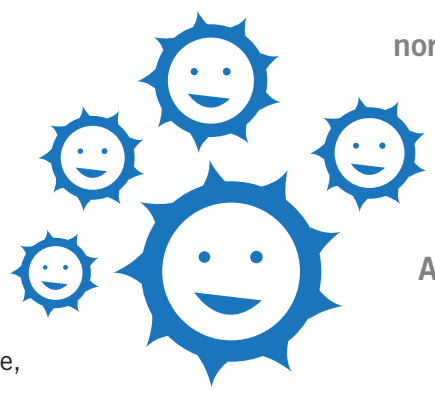
viral load

copies/mL

VIRAL LOW-D KEEP IT LOW

Viral load measures how much virus is in your blood.

---

keep this high! ▲

CD$_4$ (T-CELL)

cells/mm^3

CD4, white cells or T-CELLS fight off disease in your body. The more you have, the stronger your immune system is.

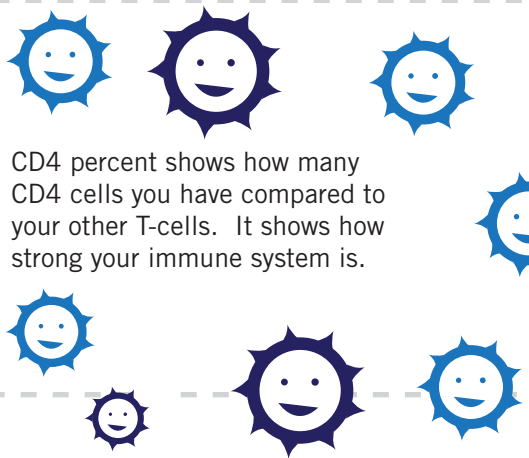|	
normal	501-1000 **GOAL**
low	201-500
AIDS	200 OR LESS

CD$_4$ — WE WANT MORE!

---

keep this high! ▲

CD$_4$ percent

%

CD4 percent shows how many CD4 cells you have compared to your other T-cells. It shows how strong your immune system is.

normal	26% AND UP **GOAL**
low	14-25%
AIDS	LESS THAN 14%