

Introduction

LoveYourself is a key organization providing comprehensive HIV prevention, testing, diagnosis, treatment, and care services across the Philippines, with a focus on vulnerable and high-risk populations, including gay, bisexual, and other men who have sex with men (GBMSM), transgender individuals, youth, and people who inject drugs (PWID). This report presents the HIV care cascade for LoveYourself, evaluating its progress in achieving the 95-95-95 targets—95% of people living with HIV diagnosed, 95% of those diagnosed on treatment, and 95% of those on treatment achieving viral suppression.

HIV Testing at LoveYourself

Overview of Testing Services

LoveYourself offers HIV testing services through a combination of walk-in services, appointment-based testing, and mobile outreach testing in partner establishment and other high-risk areas. These services prioritize high-risk populations and are delivered in a confidential and non-judgmental environment.

Number of Tests Conducted

In the reporting period (January to March 2026), LoveYourself conducted **28,045** HIV tests across its service locations nationwide. The majority of clients tested were from key populations, including GBMSM (19,598), transgender individuals (1,396), and young adults aged 25-34 (13,623).

HIV Diagnosis at LoveYourself

Number of Diagnoses

Of the clients tested, **607** were diagnosed as HIV-reactive, resulting in a reactivity rate of **2.15%**. This figure reflects the organization's focus on risk-based testing strategies.

The distribution of the age of clients at time of diagnosis are as follows:

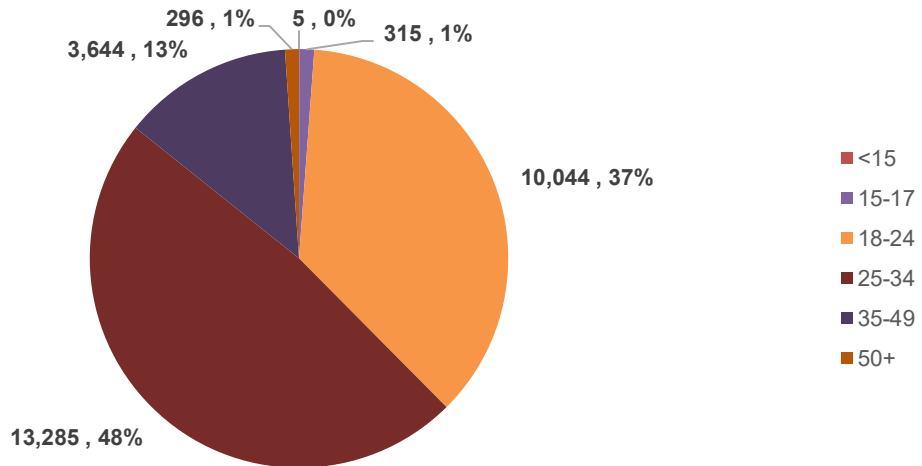


Figure 1. Clients who are HIV non-reactive (distributed to age, January to March 2026)

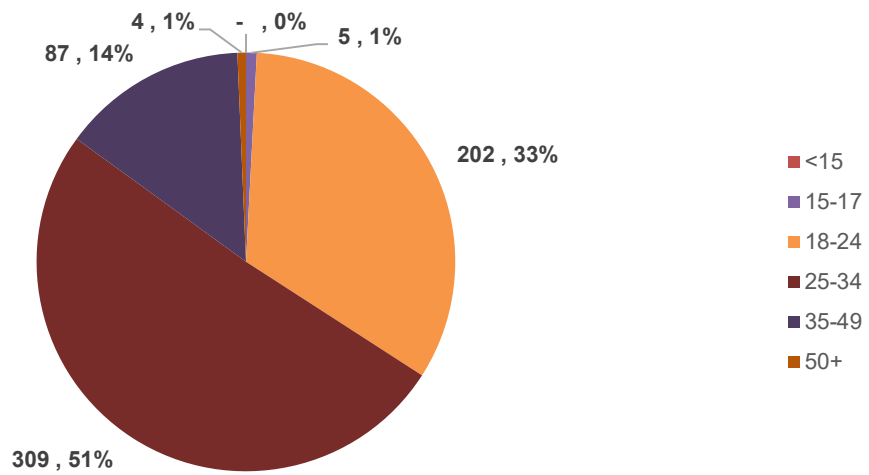


Figure 2. Clients who are HIV reactive (distributed to age, January to March 2026)

In the National Capital Region, these are the distribution of the client's current residence.

Table 1. Distribution of clients in the National Capital Region (per residence, from January to March 2026)

Municipality/City	Non-reactive	Reactive	Reactivity Rate
Manila City	4418	88	1.95%
Quezon City	2215	42	1.90%
Taguig City	1662	35	2.06%
Mandaluyong City	1376	28	1.98%
Pasay City	1034	20	1.90%
Pasig City	1018	27	2.57%
Makati City	969	14	1.42%
Caloocan City	913	24	2.56%
Parañaque City	835	21	2.45%
Las Piñas City	602	9	1.47%
Muntinlupa City	362	4	1.09%
Valenzuela City	267	1	0.37%
Marikina City	256	4	1.54%
San Juan City	148	2	1.33%
Malabon City	104	1	0.95%
Pateros	60	1	1.61%
Navotas City	57	0	0.00%

Access to Pre-Exposure Prophylaxis (PrEP) at LoveYourself

LoveYourself has been at the forefront of promoting and providing Pre-Exposure Prophylaxis (PrEP) as a vital HIV prevention tool in the Philippines. PrEP is offered to individuals at high risk of contracting HIV, including GBMSM, transgender individuals, and partners of people living with HIV. Through its hubs, LoveYourself provides comprehensive counseling, screening, and access to PrEP, ensuring that clients are well-informed about its benefits and potential side effects. From January to March 2026, **3,552 clients** were enrolled in the PrEP program, with 85% adherence rate. This accounts to an overall total of **35,930 clients** enrolled in PrEP since 2017. To further increase

access, LoveYourself has expanded its PrEP services through online consultations and home-based delivery options, addressing barriers related to stigma and geographical distance. These efforts are critical in reducing new HIV infections and empowering individuals to take control of their sexual health.

HIV Treatment at LoveYourself

Enrollment in ART

LoveYourself provides ART to clients at its hubs and partner facilities across the country. As of March 2026, **671 newly diagnosed clients** were enrolled in ART. The organization also offers multi-month dispensing and remote follow-up options to increase convenience and adherence.

Treatment Outcome and Retention in Care

Retention in care is a key indicator of the effectiveness of HIV treatment programs. At LoveYourself, **13,786 clients** remained in care (alive on ART), which is 81% of all of its clients. This retention rate reflects the organization’s robust follow-up systems, support groups, and ongoing counseling services, which aim to address both medical and psychosocial barriers to adherence.

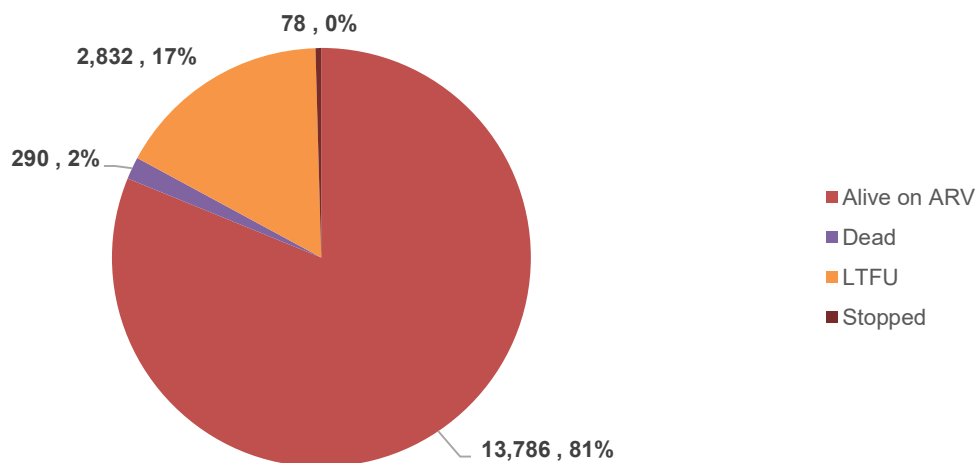


Figure 3. Treatment outcome of LoveYourself clients (as of March 2026)

In the National Capital Region, these are the distribution of the client's current residence.

Table 2. Treatment outcome of LoveYourself clients in the National Capital Region (as of March 2026)

Municipality/City	Alive on ARV	Lost to Follow-up	LTFU Rate	Total Enrolled Clients
Manila City	1585	272	14.65%	1857
Quezon City	1359	236	14.80%	1595
Mandaluyong City	923	220	19.25%	1143
Pasig City	759	181	19.26%	940
Makati City	740	193	20.69%	933
Taguig City	738	155	17.36%	893
Pasay City	668	138	17.12%	806
Caloocan City	491	96	16.35%	587
Parañaque City	396	71	15.20%	467
Las Piñas City	213	37	14.80%	250
Muntinlupa City	150	30	16.67%	180
Marikina City	130	18	12.16%	148
Valenzuela City	115	17	12.88%	132
San Juan City	75	17	18.48%	92
Malabon City	65	11	14.47%	76
Pateros	41	2	4.65%	43
Navotas City	39	9	18.75%	48

Viral Suppression at LoveYourself

Viral Load Testing

Routine viral load testing is provided to clients on ART to monitor their treatment progress. During the reporting period, **15.54% of clients** on ART received viral load testing as per national guidelines.

Viral Suppression Rates

Of those tested, **98.08%** achieved viral suppression (defined as fewer than 1000 copies/mL of HIV RNA). Achieving viral suppression is critical not only for improving the health outcomes of clients but also for preventing further transmission of the virus, thus contributing to broader public health goals.

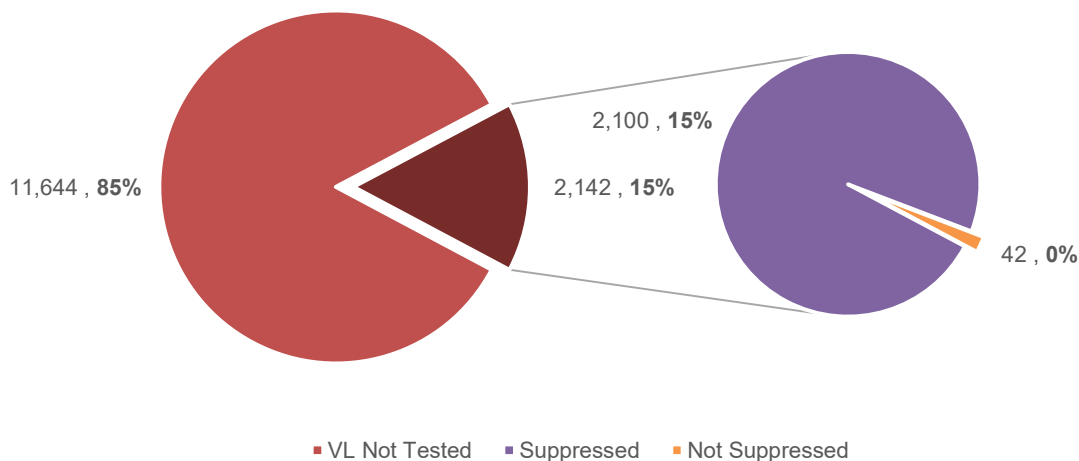


Figure 4. Viral load testing and outcome for LoveYourself clients (as of March 2026)

Challenges and Barriers

Despite the organization's success across the HIV Care Cascade, certain challenges remain:

- **Stigma:** Many clients still face barriers related to stigma in their communities, which impacts their willingness to engage in testing or continue treatment.
- **Retention in Care:** While retention rates are relatively high, some clients drop out of care due to various emotional, socioeconomic (such as transportation costs or job insecurity) or logistical issues. These issues affect their long-term adherence to ART.

Conclusion

LoveYourself continues to play an instrumental role in addressing the HIV epidemic in Metro Manila by providing high-quality, community-centered HIV services. This report highlights the organization's performance across the HIV Care Cascade, with notable achievements in diagnosing and treating clients, as well as achieving high viral suppression rates. However, challenges related to stigma, retention, and service capacity need to be addressed to improve outcomes further and move toward the 95-95-95 goals.