

NOW READY FOR UK USERS

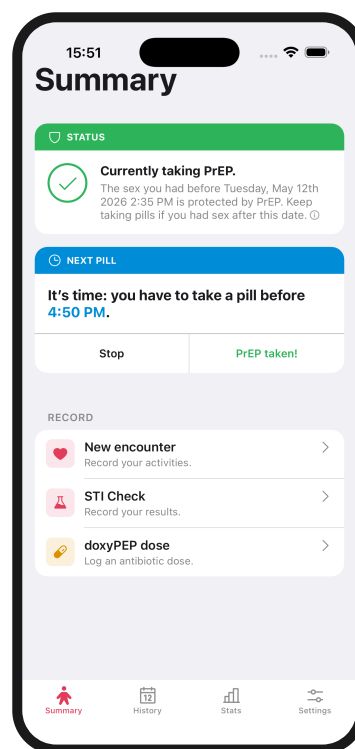
# My PrEP, a privacy-first PrEP and doxyPEP tracker, opens up to UK users with full BHIVA and BASHH alignment.

After seven years and more than **50,000 users** across Europe, the French-built sexual health companion My PrEP now fully supports the United Kingdom's clinical guidance, including BHIVA's 2-1-1 on-demand regimen, BHIVA's **2-7 event-based variant** for receptive vaginal sex (a regimen specific to British guidance), and BASHH's 2025 doxyPEP recommendation. The app stays free, contains **zero trackers** and stores every piece of data on the user's phone.

Launched in 2019 by independent developer Basile Bruneau, **My PrEP** sends 15-minute reminders until the pill is taken, calculates the protection window in real time, and keeps a full history of doses, encounters and STI screenings. Everything stays on the user's device, with no account required and no data ever sent to a server.

Until recently, the app was built around a single PrEP regimen, the on-demand **2-1-1** widely used by the gay and bi community across Europe. With version 5 (May 2026), the protection engine was rewritten from scratch to handle **nine different schemas** and adapt to the official recommendations of **fourteen countries**. UK guidance now sits at the centre of that work.

*"BHIVA's guidance is among the most thorough in the world. Supporting it properly, including the 2-7 variant for vaginal sex that almost no other app handles, felt like the right thing to do."*

**3**

UK regimens fully supported (2-1-1, 2-7, daily)

**14**

countries with built-in clinical guidance

**100%**

of data stays on the user's device

**7**

years of continuous development

**FOR UK USERS** A PrEP companion that follows BHIVA, screen by screen.

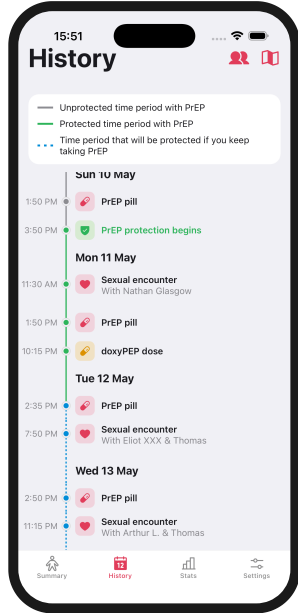
- **Green**  
you're protected
- **Blue**  
action required from you
- **Red**  
something's wrong

**1**

### The basics, done thoroughly.

My PrEP covers every step of the daily PrEP routine, with attention to the small details that matter when you're tracking adherence.

- **Smart reminders** every 15 minutes until you confirm you've taken your pill.
- **Real-time protection status** : from when your protection starts, until when it ends, based on your prescribed schema.
- **Full history** of doses, encounters and STI screenings on a clean timeline, with colour-coded protection windows.
- **Travel-safe** : time zone changes and daylight saving handled automatically.



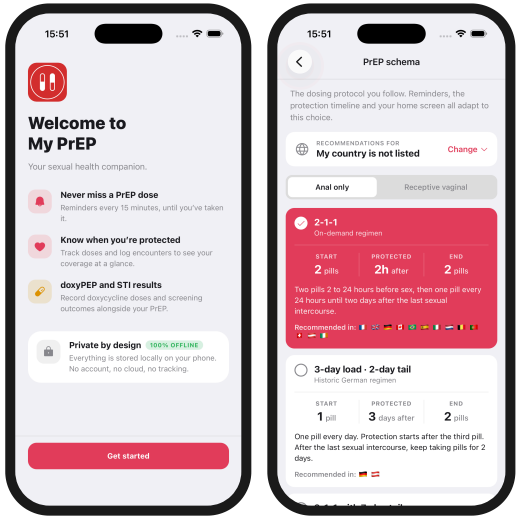
**2**

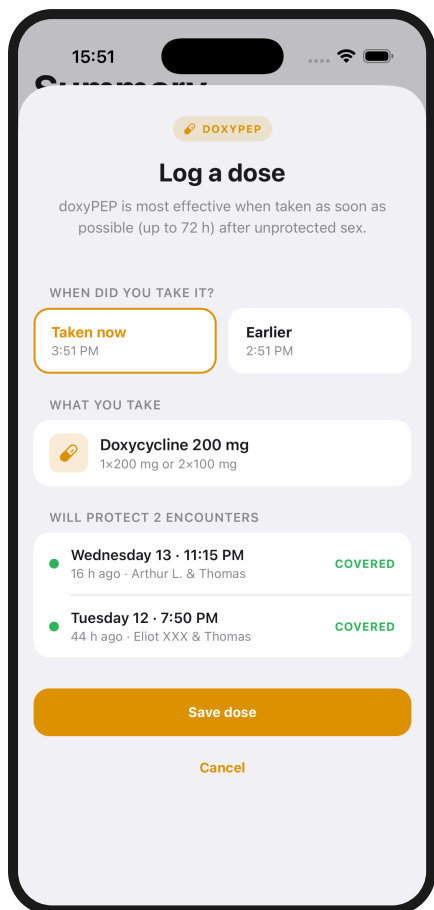
### All three BHIVA-recognised regimens, built in.

Most PrEP apps assume a single regimen. My PrEP starts from your country and your sexual practices, then suggests the schema your clinician most likely prescribed. The UK gets the full BHIVA treatment, including the 2-7 variant that almost no other app supports.

<b>2-1-1</b>	<b>On-demand</b> , BHIVA-approved for MSM
<b>2-7</b>	<b>BHIVA event-based variant</b> for receptive vaginal sex
<b>Daily</b>	<b>Continuous TDF/FTC</b> , universally approved
<b>+ 6</b>	Other national protocols (CDC, ANRS-MIE, DAIG, GeSIDA...)

*The **onboarding** asks for your country and whether you have receptive vaginal sex, then surfaces the recommended schema. **14 countries** covered.*





3

### doxyPEP tracking, aligned with BASHH's 2025 recommendation.

doxyPEP (200 mg of doxycycline taken within 72 hours after a condomless encounter) significantly reduces the risk of syphilis and chlamydia. BASHH issued the UK's first formal recommendation in June 2025, and the CDC, GeSIDA and others had already done so. My PrEP now handles it natively.

- Log a dose **straight from the home screen**, in two taps.
- For **MY PREP+** subscribers, the app shows at a glance **which past encounters the dose covers**.
- Built-in guardrails : alerts when two doses are taken within 24 h, or when the weekly ceiling ( $\leq 3$  doses per 7 days, as per BASHH) is exceeded.

“The UK has been leading on PrEP science for years, from the PROUD trial to the early NHS commissioning. Adding proper BHIVA and BASHH support, with the 2-7 variant that almost no other app handles, was overdue.

Basile Bruneau, founder of My PrEP

ROADMAP

### What's next : injectable PrEP and STI treatment follow-up.

Two large workstreams already in progress for upcoming versions of My PrEP.

#### Injectable PrEP

Support for **cabotegravir** (Apretude, every two months) and **lenacapavir** (Yeytugo, every six months), as alternatives to oral PrEP, with reminders and protection windows tailored to each regimen.

#### STI treatment follow-up

Once a positive test is logged, My PrEP will guide users **through the antibiotic course** (chlamydia, gonorrhoea, syphilis, mycoplasma genitalium...) : reminders until completion, and an alert for the post-treatment check.

## ABOUT My PrEP, the rest of the app at a glance.

Available on iOS and Android, free of charge, with no advertising, My PrEP covers the full journey of a PrEP user. Beyond BHIVA/BASHH alignment, here is a quick summary of what the app does.

### Smart reminders

A reminder every 15 minutes, until you confirm you've taken your pill. Forgetting becomes practically impossible.

### Real-time protection status

The algorithm calculates exactly when your PrEP protection starts and when it ends, based on your prescribed schema.

### STI screening tracking

Log your quarterly results, attach the lab report as PDF or photo. Everything stays on your device.

### Travel-safe by default

Time zone changes and daylight saving handled automatically, with no action required on your part.

### Stats & history

All your doses, encounters and screenings, displayed clearly over 4 weeks, 3 months, or since you started.







### Full data export

CSV, Excel or raw SQLite : your data belongs to you, and you can pull it out whenever you want.

PRIVACY FIRST · GDPR-FRIENDLY BY DESIGN

## Your sexual health data never leaves your phone.

My PrEP is the most privacy-respecting PrEP app on the market. Every part of the architecture is built so that no sensitive data ever leaves the user's device.

-  No account required
-  No cookies, no analytics, no tracking
-  Local, encrypted storage
-  Works in airplane mode
-  No advertising, ever
-  One-tap full data deletion

## Press contact

High-resolution visuals (iOS and Android captures in four languages, English included) are openly available on the Drive link opposite. For any question, interview request or product demo : we reply within 24 to 48 hours.

**Email** [contact@myprep.app](mailto:contact@myprep.app)  
**Website** [myprep.app/en/](https://myprep.app/en/)  
**Press kit** [drive.google.com/.../myprep-visuals](https://drive.google.com/.../myprep-visuals)  
**App Store** [apps.apple.com/app/my-prep/id1456478617](https://apps.apple.com/app/my-prep/id1456478617)  
**Play Store** [play.google.com/.../details?id=fr.ntag.myprep.android](https://play.google.com/.../details?id=fr.ntag.myprep.android)  
**Instagram** [@myprepapp](https://www.instagram.com/myprepapp)