Tamar Braxton Takes PrEP to Prevent HIV: “I’d Tell Everyone to Get on PrEP”

“You’re the first celebrity Black woman I’ve heard mention PrEP,” notes a fan on Tamar Braxton’s Instagram. “I support you queen.”

March 28, 2025 By Trent Straube

After a year of not dating, R&B and reality TV star Tamar Braxton is ready to step outside for some action—and she plans to keep it safe. “I’m on PrEP,” the outspoken personality says in a video she posted on social media. “I’d tell everyone to get on PrEP…because prepare yourself.”

Braxton’s referring to pre-exposure prophylaxis (PrEP) to prevent HIV, available as daily pills or a shot given every two months.



View this post on Instagram

A post shared by Tamar Braxton (@tamarbraxton)

Tamar captioned her Instagram video with: “I’m on prep….. outside is CRAZY.” Before dropping

the fact that she's taking the prevention med, she spoke with her signature kooky candor about the challenges of hitting the dating scene, especially in Atlanta, with men wanting women to sign nondisclosure agreements and women willingly seeing the same man. "I ain't sharing my man with the streets," she declares.

The youngest of the six Braxton siblings—including Toni "Un-Break My Heart" Braxton—Tamar isn't exactly tight-lipped about her intimate thoughts. But at least her sharing about HIV prevention helps educate and inspire her fans.

"I don't think I've seen a hetero cis woman openly admit to being in PrEP," @jared_tahj commented. "Kudos to you for sharing and letting people know women also have different options to protect themselves!"

Then there was this mini discussion among commentors:

"Do women take PrEP? Or am I thinking of something else?"

"Women absolutely take PrEP. Anyone can get HIV, therefore PrEP is for anyone who wants to protect themselves."

And when some posters recommended Tamar remain celibate or leave the Atlanta scene, @jay_whin added: "You're the first celebrity black woman I've heard mention PreP, and I am soo amazed. Don't let the uneducated people get to you, I support you queen."

Tamar fans have much to look forward to because the celeb is stepping outside in more ways than one. She and her mom, Evelyn, just debuted their new show, Cooking Sessions with Tamar & Ms. E, on CLEO TV. And next month, she'll drop a new album and embark on the October Nights Tour: Calling All Lovers, with October London and Ro James.

And a new season of The Braxtons is scheduled for August.

Tamar and her mom stopped by Sheri this week to promote their projects and spill some tea.

To date, the Food and Drug Administration (FDA) has approved three forms of PrEP: Truvada and Descovy are daily pills, and Apretude is a shot given every two months. Of note, due to lack of evidence, Descovy is not yet indicated as PrEP for cisgender women and trans men. Generic (and much cheaper) versions of Truvada are available. A twice-yearly injectable, lenacapavir as PrEP, may be added to prevention options as soon as this summer, as clinical trial results have shown it to be highly effective in women, gay men and gender-diverse populations. To learn more about PrEP, see the POZ Basics on HIV Prevention: Pre-Exposure Prophylaxis (PrEP).

Under the rules of the Affordable Care Act (ACA, or Obamacare), preventive health services that receive an A or B grade from the U.S. Preventive Services Task Force (USPSTF) must be covered by

health insurance. In August 2023, USPSTF gave all three forms of PrEP an A grade. However, conservatives have in recent years filed lawsuits challenging the ACA's mandate to cover preventive health services, ranging from PrEP to cancer screenings. Courts have mostly upheld the coverage, but a case could eventually land at the Supreme Court and endanger robust prevention coverage in the future.

In related news, March 10 marked the 20th National Women and Girls HIV/AIDS Awareness Day (#NWGHAAD), which promotes testing, treatment and prevention, including PrEP. About 1.2 million people are living with HIV in the United States; of these, 272,360 are women. A few additional facts presented by AIDSVu.org on #NWGHAAD include:

- In 2021, 18% of the new HIV diagnoses in the United States were among women.
- Despite representing 23% of all people living with HIV in 2021, women are less likely to perceive themselves as at risk for HIV.
- Black women continue to be disproportionately impacted by HIV, accounting for 54% of new HIV infections in U.S. women, despite making up 14% of the female population.
- Black women are also underserved by prevention methods such as PrEP relative to their need.
- Among all PrEP users in the U.S. in 2021, 92% were male, and only 8% were female, despite the fact that women made up 18% of new HIV diagnoses.
- 65% of all women were virally suppressed in 2021, but research suggests percentages vary by race/ethnicity and gender identity.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/tamar-braxton-takes-prep-prevent-hiv-tell-everyone-get-prep