



TLC's Tionne "T-Boz" Watkins Reworks a '90s Hit for HIV Prevention

A new anthem for PrEP and sexual empowerment!

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TLC's Tionne "T-Boz" Watkins and Gilead Sciences teamed up to transform the group's iconic '90s hit "Creep" into "So We PrEP," an anthem for sexual empowerment and HIV prevention. PrEP (pre-exposure prophylaxis) is a safe and effective antiretroviral medication used by HIV--negative people to reduce their risk of contracting HIV.

"In the '90s, we used our platform to speak truth and empower people to love themselves. That mission hasn't changed," said Watkins. "'So We PrEP' is about reclaiming that same energy by taking a classic that meant something to our generation and turning it into a conversation starter about protection, pride and Black joy. We don't whisper about our health; we sing about it."

The song is a key component of Gilead's "Care for the Culture" campaign, which aims to spark honest conversations about sexual health in Black communities, reduce stigma and more.

The U.S. Preventive Services Task Force recommends most forms of PrEP for people at risk for sexually acquired HIV. This means insurers are required to fully cover PrEP at no cost. Medicare and Medicaid also cover PrEP, but state programs may vary as to which associated services, such as lab tests, they cover.

To date, the Food and Drug Administration has approved four forms of PrEP: Truvada and Descovy are daily pills; Apretude is a shot given every two months; and Yeztugo is a twice-yearly injectable. Descovy is not yet indicated as PrEP for cisgender women and trans men. To learn more about PrEP, visit [POZ.com/PrEP](https://beta.docker.poz.com/article/tlcs-tionne-tboz-watkins-reworks-90s-hit-hiv-prevention).