

CDC RECOMMENDATIONS FOR HIV & STI TESTING

EARLY DETECTION. BETTER OUTCOMES.



TEST.TREAT.REPEAT PROTECT HEALTH. SAVE LIVES.

Routine HIV and STI testing is recommended for all patients who are sexually active. Know their status. Protect their future.



HIV TESTING



EVERYONE

CDC recommends at least one-time HIV testing for all adults and adolescents ages 13-64 as part of routine health care.



ONGOING RISK

For patients with ongoing risk, test at least annually. More frequent testing (every 3-6 months) may be appropriate for some individuals.



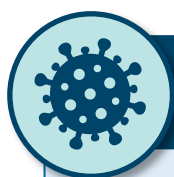
PREGNANT INDIVIDUALS

Test for HIV at the first prenatal visit and again in the third trimester.



WHY HIV TESTING MATTERS

- ✓ 1 in 7 people with HIV don't know they have it.
- ✓ Early diagnosis leads to early treatment.
- ✓ Treatment prevents progression and reduces transmission.
- ✓ U=U: Undetectable = Untransmittable.
- ✓ Virally suppressed individuals cannot sexually transmit HIV.



STI TESTING



CHLAMYDIA

Test all sexually active women <25 years at least annually. Test women ≥ 25 with risk factors (new or multiple partners, partner with STI, etc.). Test men who have sex with men (MSM) annually



GONORRHEA

Same recommendations as chlamydia. Test MSM annually.



SYPHILIS

Test adults and adolescents with risk factors (MSM, multiple partners, transactional sex, substance use, etc.).



HEPATITIS B

Screen at-risk adults for chronic HBV infection (e.g., MSM, people who inject drugs, individuals from high-prevalence countries.).



HEPATITIS C

Screen adults at least once in their lifetime. Screen more often if ongoing risk factors exist.



TRICHOMONAS

Consider screening women with persistent vaginal discharge or at high risk.



TAKEAWAYS



TEST AS PART OF ROUTINE CARE

Normalize conversations about sexual health. Offer tests in a respectful, confidential environment. Use opt-out approaches where appropriate.



LINK TO CARE. RETAIN IN CARE.

Connect patients to treatment and prevention services, including PrEP and PEP for HIV prevention when indicated.



PREVENT. PROTECT. EMPOWER.

Testing is a critical step in improving health outcomes for our communities. Thank you for partnering with McLaren Health Plan to advance prevention, early detection, and equity in care.



AT RISK GROUPS



POPULATIONS AT INCREASED RISK FOR HIV & STIs

- ✓ Men who have sex w/ men (MSM)
- ✓ Multiple sex partners
- ✓ People who inject drugs
- ✓ Transactional sex or sex in exchange for money/drugs
- ✓ History of an STI
- ✓ Individuals from high-prevalence counties
- ✓ Partner with HIV or an STI

