



Preventive Care Recommendations for Transgender and Non-Binary People

Care That Fits Your Needs

Preventive care should fit who you are and what you need. If you are transgender or non-binary, your care may include support for your gender identity and screenings based on the organs you have. A trusted doctor can help you understand which tests, shots, and screenings are right for you.

Plan to see your primary care provider (PCP) once a year, or as often as they recommend. Talk with them about your health goals, your health history, and any questions you have. Together, you can make a preventive care plan that feels right for you.

SEE RECOMMENDATIONS 



Organ-Based Cancer Screening

PERSONS WITH...	WHAT/WHEN	WHY
A CERVIX	Follow cervical cancer schedule (Pap/HPV)	• Detects cancer early • Enables timely treatment • Reduces the risk of later-stage diagnoses that are more harmful and harder to treat
BREAST TISSUE	Follow mammogram schedule (begin at age 40 unless high-risk)	
A PROSTATE	Follow prostate cancer guidance	

Hormone Therapy Monitoring

WHAT	WHEN	WHY
METABOLIC PANEL	Annual or as advised	• Keep hormone levels safe and effective • Detect treatable side effects (blood clots, liver changes, or polycythemia) • Support medication adjustments for long-term health
LIPID PANEL	Every one to two years	
BONE HEALTH (DEXA)	Consider for long-term hormone suppression or after age 50	

Sexual & Reproductive Health

WHAT	WHEN	WHY
FERTILITY COUNSELING	Shared decision-making before and after gender-affirming treatments	• Understand how hormones and surgeries can affect future ability to have biological children • Explore your family-building options before treatments that may affect them Early detection allows prompt treatment that preserves health and reduces the chance of passing HIV or STIs to others
HIV SCREENING	Annual or as advised (frequency of repeat screenings should be based on level of risk)	
SEXUALLY TRANSMITTED INFECTION (STI) SCREENING • Syphilis • Hepatitis C • Gonorrhea • Chlamydia	• Gender-based screening recommendations are based on anatomy • For transgender persons with HIV infection, STI screening at least annually	

Preventive care should reflect you.

Open, ongoing conversations with your provider help create a care plan that fits your needs.

Ages 19–39

Ages 40–49

Ages 50–64

Ages 65+

HEALTH HISTORY AND LIFESTYLE ASSESSMENT

You may be asked to share or update information about your family health history, physical activity, tobacco, alcohol, and drug use, and sexual practices.

PHYSICAL EXAM

Height and weight (Body Mass Index [BMI])

Blood pressure

Vision screening

Hearing and vision screening
(glaucoma screening if
there is family history)

IMMUNIZATIONS/VACCINES

One-time dose of the tetanus, diphtheria, and pertussis vaccine; tetanus and diphtheria booster every 10 years

Annual flu vaccine

Stay up to date on COVID-19 vaccines and any additional doses recommended for you

If you haven't had the measles, mumps, and rubella (MMR)
vaccine, ask your doctor if you need this vaccine

If you are age 19–26 and
have not received the
human papillomavirus (HPV)
vaccine, talk with your doctor
about getting vaccinated

If you are older and have
certain risk factors, you may
still benefit from a catch-up
HPV vaccine (up to age 45)

If you have not had chickenpox, the chickenpox
vaccine, or are not protected against chickenpox,
ask your doctor if you need this vaccine

Ask your doctor if you should get the shingles vaccine

Ask your doctor if you should
get a pneumococcal vaccine

TESTS

Ask your doctor if you should be screened for high cholesterol and other lipid disorders based on your 10-year heart disease risk

Get a one-time hepatitis C screening between ages 18–79. If you're at higher risk, you may need screening more often

Starting at age 45, get screened for colorectal cancer until age 85. Screening options may include a colonoscopy, multi-target stool DNA test (such as Cologuard®), sigmoidoscopy, or fecal occult blood test

If you're overweight or have obesity, get screened for prediabetes and diabetes until age 70

Ages 19–39**Ages 40–49****Ages 50–64****Ages 65+****COUNSELING/SCREENING**

Diet and exercise

Smoking cessation

Alcohol/substance abuse prevention

Sexually transmitted diseases/ HIV/sexual behavior

Dental health

Sun exposure

Injury prevention (including seat belt, helmet use)

Injury prevention (including
driving safety, falls)

Life stage issues: family, children

Life stage issues: grief, loss

Depression

Health Care Proxy/Advance Directives

Health Care Proxy/Advance
Directives/end-of-life planning

HIV screening

Family planning

Bladder control problems

HIGH RISK INDIVIDUALS

Talk with your doctor about whether taking a daily low-dose aspirin is right for you

If you may have been exposed to syphilis, ask your doctor if you should be tested

Ask your doctor if you are at risk for tuberculosis (TB) and should be tested

If you smoke now or quit within the last 15 years, ask your doctor if a lung cancer screening is right for you

Ask your doctor if you are at risk for hepatitis B and should be tested

If you are at risk for HIV, ask your doctor about medicines that may help prevent it

If you have a BMI of 30 or higher, talk with your doctor about programs that can help you lose weight and improve your health

For persons assigned female at birth, ask your doctor about genetic testing if you have
a family history of breast, ovarian, tubal, or peritoneal cancer

Guidelines adapted from the U.S. Preventive Services Task Force. Talk to your doctor about which preventive services are right for you.
Your plan benefits may allow for services more frequently than what is listed here.