

WHAT TO KNOW ABOUT SEXUAL HEALTH



STIs 101

Sexually transmitted infections are not as uncommon as you may think. It's important to be responsible, but there's nothing to be ashamed of.



Getting tested

There's no reason to be scared of the screening process. Your doctor will make sure you're comfortable to ensure the clearest results. Self-collected tests can be done.



Birth control options

There are a multitude of birth control options available to you. From preventative to emergency, be sure to talk to your doctor to learn which option is best for you.



Keeping care confidential

Leave your hesitation at the door. There are several payment methods available if insurance isn't an option for you. Don't let fear hold you back.



Have open conversations

You don't need to be ashamed when it comes to taking care of your sexual health. Having honest conversations with your partners and providers is the key to success.

