

Sexual Health Checklist

Schedule a Wellness Visit



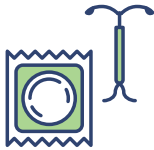
- Ask questions about your sexual health and birth control options.
- Receive a breast exam or pap smear to get tested for cancer

Get Tested for Sexually Transmitted Infections



- STIs don't always show symptoms, so if you are sexually active, you should get tested

Consider Your Birth Control Options



- If you are sexually active and do not want to get pregnant or get your partner pregnant, there are many birth control options to choose from

Talk to Your Partner About Safe Sex



- Barrier methods such as condoms are effective in preventing STIs and pregnancy when used correctly

Prepare for a Healthy Pregnancy



- If you're thinking about starting or expanding your family, schedule an appointment with a healthcare provider to prepare for pregnancy