



YOUR LOVE. YOUR HEALTH. OUR HELP.



Reproductive and Sexual Health

Intimacy and responsible sex can be wonderful; thoughtful decisions and planning can help make these experiences positive. Engaging in risky sexual behavior can result in sexually transmitted infections (STIs), like HIV, or unintended pregnancies. Also, military life can complicate efforts to establish and maintain relationships and intimacy or to reconnect with those we love. That's why the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center works to promote healthy relationships and prevent the occurrence of STIs and unplanned pregnancies among Sailors and Marines. We offer practical tools, educational resources and prevention strategies that can help you reconnect and remain sexually and reproductively healthy.

To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION

For more information on your local resources, contact:

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

