

# Ask Navy Medical

...about your sexual health

Not planning on a pregnancy in the next 12 months?

Want the most reliable and reversible birth control?

Ask about the IUD or implant



Do you know when your next

## Pap

test is due?

Ask your doc!

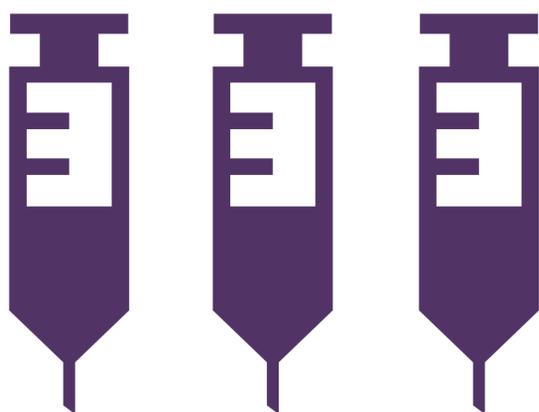
Learn More



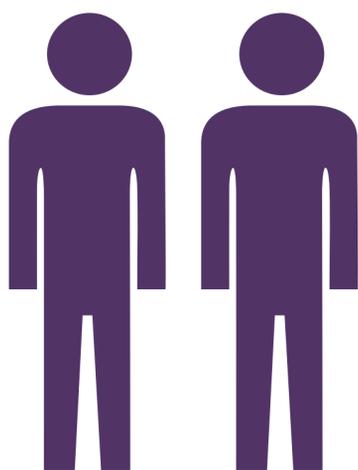
NMCPHC



NCSH



**HPV** vaccine can help protect men and women up to age 26 from genital warts and cervical cancer. Three shots are needed. Have you started? Have you finished?

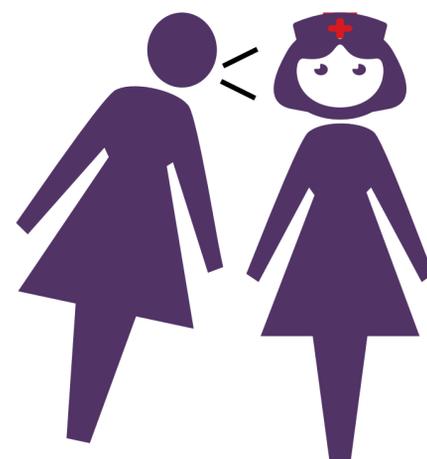


Ask for an **HIV** test at least every year if you are a man who has sex with men, or if you have sex without a condom with casual partners

Sexually active women up to age 25 should ask for a

## Chlamydia

test every year



It's NOT-2-LATE

The Emergency Contraceptive Pill is available without a prescription at every military pharmacy, ship and medical emergency dept.

# Plan B

