



# 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. That's why the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department works to promote healthy relationships and prevent undesired outcomes among Sailors and Marines. We offer practical tools, educational resources, and prevention strategies that can help you reconnect and remain sexually and reproductively healthy.

For more information on your local resources, contact:

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION)

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

