

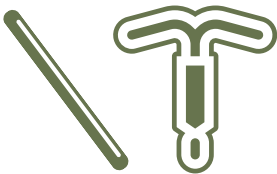
Your medical health is your responsibility!

Get with your medical provider to see what's best for you!

Not planning on a pregnancy
in the next 12 months?

Want the most reliable and
reversible birth control?

Ask about the implant or IUD!



HPV vaccines can help protect men
and women up to age 45 from genital
warts and cervical cancer.

3 shots are needed.

Have you started? Have you finished?

Sexually active women up to the
age of 24 should ask for a
chlamydia test.

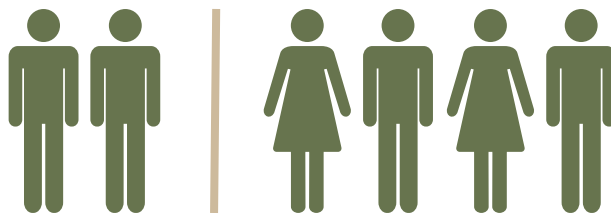
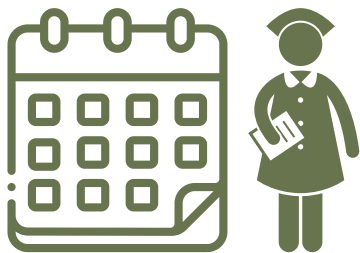
EVERY YEAR!



Do you know when your next

Pap test is due?

ASK YOUR DOCTOR!



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

It's not too late!

The emergency contraceptive pill is
available without a prescription at every
military pharmacy, ship and medical
emergency department.

PLAN B