

5 STEPS TO Better Sexual Health



Schedule a Wellness Visit

A [family planning and wellness visit](#) is not much different from any other doctor appointment you've had in the past. You'll have your weight, blood pressure, and temperature taken and you'll have a chance to ask questions about sexual health, birth control, starting a family or anything else you might be wondering about.



Get Tested for HIV and Other STIs

The bottom line is, if you are sexually active, you're [at risk for HIV and sexually transmitted infections \(STIs\)](#). Since some STIs don't show symptoms, getting tested is the only way to know for sure if you have an STI.



Talk to Your Partner About Safe Sex

If you're thinking about becoming sexually active with your partner, it's time for "[the talk](#)". It's important for you and your partner to be on the same page when it comes to safe sex, and the only way to make sure you share the same values is to talk about it.

I've been thinking...

Getting tested...



Consider Your Birth Control Options

There are a lot of [birth control options](#) and choosing the method that's right for you may seem overwhelming. Whether it's the pill, shot, patch, implant, IUD or condoms, your health care provider can help you narrow it down.



new jersey family
planning league



Prepare for a Healthy Pregnancy

When thinking about starting a family, schedule an appointment with a healthcare provider right away. Getting advice early in the process will give you a better chance of a [healthy pregnancy](#) and help you to build healthy habits for yourself and your family.



Take control of your sexual health by [locating the nearest NJFPL-supported health center](#) to get started.