

## *Ella's Insider:*

Having trouble planning and spacing your pregnancies? Worried that you might have been exposed to a sexually transmitted disease (STD) like chlamydia, gonorrhea, syphilis, HIV/AIDS? Wonder where you can go for testing?

Family Planning programs are available in all of Idaho's seven health districts to help individuals learn how to better space out or plan pregnancies or get screened for an STD. The health districts are staffed with experienced medical staff, like Nurse Practitioners or Physicians Assistants. These highly trained professionals provide individualized reproductive health care to people who voluntarily access these confidential services.

All services offered are based on medical guidelines and include:

- Pregnancy Testing and counseling,
- Contraceptive or birth control education,
- Birth control counseling,
- Birth control supplies,
- Pap test screening for cervical cancer,
- STD and HIV prevention education,
- STD screening/testing and treatment,
- HIV screening/testing,
- Self breast exam instruction, and
- Self-testicular exam instruction.

Furthermore, if you are having trouble getting pregnant, services also include basic fertility information and education. If a more serious health problem is identified during a clinic visit, the staff will refer you to other agencies where additional health and social services are offered.

The costs for the services, described above, are based on a sliding fee schedule, which takes into account your income and the number of family members in your household. No one is denied services due to inability to pay nor denied services based on race, color, sex, religion, financial background or beliefs.

For more information about clinic locations and hours visit [www.safesex.idaho.gov](http://www.safesex.idaho.gov) It is best if an appointment is made, but that's not necessary in all areas. Some clinics offer same day appointments, Walk-In clinic times and evening hours.

Planning your family size and choosing how far apart to space your pregnancies results healthier moms and babies. Preventive health care benefits parents, children and the community.