

HEALTH TIPS

Sexual Health

Sexual health is taking care of one's body and relationships physically, emotionally, mentally and socially. One way to do so is by learning about STIs.



STIs

Sexually transmitted infections (STIs) are usually passed through sexual behaviors, and are very common.



1 in 5 people in the US have an STI.

20-34

Young adults aged **20-34** have the highest rates.



Most STIs show **no signs** or **symptoms**.

To learn more go to [cdc.gov/sti](https://www.cdc.gov/sti).



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Risk Reduction

Behaviors someone can do to reduce their risk of getting or passing STIs.



Communication

Communicating with partner(s) about STI testing and using barrier methods.



Barrier Methods

Barrier methods, also known as condoms, prevent genital skin to skin contact and the passing of genital fluid. Condoms are covered by Health First Colorado.



Health Center Visits

Meeting with a health care provider regularly can help with ways to stay safe including testing, treatment and management.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.



800-541-6870



nhprae2.org



State Relay: 711



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