



It's easy.  
It's recommended.  
It's no big deal.

It's Best to Test.

Being tested for chlamydia and gonorrhea is nothing to feel embarrassed about—**it can help you stay healthy.** It can also help ensure that, when and if you want to, you can get pregnant. Multiple health organizations recommend screening for all females under the age of 25. We test all sexually active female patients in this age group for chlamydia and gonorrhea using the *It's Best to Test* program from Quest Diagnostics.

# It's recommended—for all female patients under the age of 25

It's not just you. It's all women your age. You are at the highest risk for sexually transmitted infections, like chlamydia and gonorrhea.

## It's smart—because infection may be hidden

But I feel healthy, you might be thinking. What you may not know is that women with chlamydia and gonorrhea don't always have symptoms. You could have an infection and not know it. This is dangerous because if left untreated, sexually transmitted infections can lead to unhealthy pregnancies, or make it difficult to get pregnant.

## It's easy, treatable, and may be covered

The good news is that there's an easy way to stay healthy: **get tested**. Chlamydia and gonorrhea can be found with a single swab or urine sample. We can also screen you for infections as part of your Pap smear.

The even better news is that these infections are easily treated and cured. And for many patients, cost may not be an issue. Testing is covered by the Affordable Care Act. Check with your health plan to see if this applies to you.

**9 out of 10**

women with chlamydia don't show symptoms

**8 out of 10**

women with gonorrhea don't show symptoms

**46%**

of chlamydia cases in the US are among women ages 15–24

## It's Best to Test—with Quest Diagnostics

Multiple health organizations recommend yearly screening for all women under the age of 25. We test our female patients for chlamydia and gonorrhea during their annual well woman visit with support from *It's Best to Test*, a program\* from Quest Diagnostics.

Because chlamydia and gonorrhea can be passed on during childbirth, we also screen pregnant women during the first trimester and, for some, again in the third trimester.



**It's no big deal—talk to us.** We know that talking about sexually transmitted infections can be embarrassing. In our office, we don't want it to feel that way. If you have questions, please speak with your doctor. Your health, now and in the future, is important to us.

\* This is an opt-out program, meaning you don't have to participate.

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