

Protect yourself from Chlamydia

Are you at risk? Make an appointment with your primary care provider (PCP) today.

Chlamydia is a bacteria spread between people during sex without a condom. If you are 16-24 years old and sexually active, you should be screened for chlamydia every year, whether you've been treated before or not.



See your primary care provider (PCP); it's important

- If you're sexually active, get a screening or Pap test from your doctor. It includes a urine test or a cotton swab sample.
- If chlamydia is left untreated, it can cause serious permanent damage to your reproductive system, making it difficult or impossible to get pregnant.
- Most people who have chlamydia have no symptoms. That's why it's so important to get a screening.
- If you do notice symptoms, like a burning sensation while urinating or seeing a discolored fluid, you should go to your doctor right away.



This visit is covered by UnitedHealthcare

- Go to your current PCP or gynecologist (OB/GYN) or find one that's in the UnitedHealthcare network.
- Remember to bring your member ID card to the visit.



Get help with your appointment

- From scheduling your next checkup appointment to finding a doctor, count on us to help you get the care you need, as soon as you need it.
- Call Member Services at **1-866-270-5785**, TTY **711**, 7 a.m.–7 p.m., Monday–Friday, for help making an appointment or finding a PCP or gynecologist (OB/GYN).



What to expect at the visit

1. A urine test or cotton swab sample is usually done as part of a screening.
2. You will be prescribed an antibiotic that you should take for up to 7 days.
3. It's also a good idea to be tested for other sexually transmitted diseases (STDs).
4. Talk to your doctor about anything you are concerned about during your visit. Having a discussion can help get your worries off your mind.

See the back side to learn more

Chlamydia



Other important steps for your health

- Using a latex condom is one of the best ways to protect yourself from getting chlamydia.
- If you are pregnant, you should be screened at your first prenatal visit. If left untreated, this infection can cause early delivery and can be passed on to your baby.



More ways we can help

- **NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call **1-866-270-5785**, TTY **711**.
- **Well visits.** Routine shots and tests can help keep you healthy.
- **Need a ride?** We provide rides to and from medical visits.