

Ask all the questions. Your **WELLNESS** is our mission.

Planned Parenthood's doors are open to every person – regardless of race, income, insurance, gender identity, sexual orientation, abilities, or immigration status. When you visit our health centers, you receive expert and compassionate health care, education, and information without shame or judgment.

HEALTH CARE EXPERTS WHO REALLY CARE.

At Planned Parenthood Gulf Coast, we are caring specialists in sexual and reproductive health. Since 1936 in Texas, and 1984 in Louisiana, we have provided our communities with expert health care and inclusive, medically accurate sex education. We offer high-quality, compassionate care, education, and information in our bright and welcoming health centers. For generations, Texans and Louisianans have trusted us with their birth control, STI testing and treatment, annual visits, and cancer screenings. Today, we're also here for gender-affirming care, PrEP, miscarriage management, and so much more. If you need more information or referrals to other specialists, we've got that, too.

Sexual and reproductive health care needs are intimate and too often overshadowed by unnecessary shame, stigma, and negative experiences. For decades, we have made it our mission to not only protect your health care rights, but also ensure your health care experience at Planned Parenthood is educational, empowering, and judgment-free. Whichever health center you choose, you will find someone who really cares and specializes in the services you need. Someone who's got the heart – and understanding – to recognize that the well-being of our patients includes being well-informed about their health care options.

**WELL & WISE
STI TESTS
BIRTH CONTROL
ANNUAL EXAM
UTI TREATMENT
PAP TEST
CANCER SCREENINGS
BREAST EXAM**

Your **wellness** is in
everything we do.



BE WELL-INFORMED.

Everyone is unique, and so are their health care needs. At Planned Parenthood Gulf Coast, we are proud to provide honest, accurate information about health and relationships – at our health centers, in classrooms, community centers, and online.

Here are some additional educational resources from Planned Parenthood:

PlannedParenthood.org

Have you ever wondered how IUDs prevent pregnancy, how long after sex you can use emergency contraceptives, when you're due for your first Pap test, or what to do if you miss a birth control pill? The Planned Parenthood website has the latest medically accurate information and resources.

Chat/Text Program

Seven days a week, our professional health educators are available by text to answer your anonymous questions about sexual health. Text PPNOW to 774636 (PPINFO) to get answers.

Spot On Period App

Our period tracker stores information (on YOUR device only) about your birth control and period symptoms to help you stay on track. Spot On also includes information about birth control options and other health care services at Planned Parenthood. Download for free in your phone's app store.

Planned Parenthood Gulf Coast Educational Programs

Visit ppgulfcoast.org/education for information on a wide range of programs and services available for teens, young adults, parents and parenting adults, educators, and more.

Book your appointment today
at ppgulfcoast.org/wellness



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