



# We've been there. That's why we care.

Planned Parenthood of Greater Texas wants you to know that we understand. We know what it's like to have questions and not be sure where to start. That's why we are here, offering a range of services and skilled providers ready to help.

## **SKILLED HEALTHCARE EXPERTS.**

At Planned Parenthood of Greater Texas, our specialty is empathetic care for intimate health. Since 1935, we have provided generations of Texans with quality reproductive and sexual healthcare, as well as medically accurate sex education. Today, we employ experienced providers and offer newly built (or recently renovated) facilities with on-site laboratories and pharmacies to better serve you. Education rooms are available by appointment for specialist referrals, long-term health planning, answering questions, and providing information about any of the services we provide.

We reject the negative stigmas often associated with reproductive and sexual healthcare. For more than 85 years, our mission has been, and continues to be, your healthcare.

Let today be the day to create change.

## **SOME OF THE SERVICES WE PROVIDE ARE:**

### **Wellness Exams:**

At Planned Parenthood, these exams check your sexual and reproductive health, along with other baseline health issues, to ensure you know your health status. We will also discuss options to keep you healthy. This is a great time to check in about your birth control plan, period symptoms, vaginal, and urinary tract health. Exams can include:

- **Pelvic Exam:** We will gently examine your internal reproductive organs - including your vagina, cervix, ovaries, fallopian tubes, and uterus.
- **Pap Smear:** For this, we collect cell samples to screen for abnormal cervical cells to detect cancer early.
- **Breast Exams:** This is just a gentle manual and visual exam of your breasts and surrounding tissue to check for abnormalities to detect cancer early.

You can also schedule appointments at Planned Parenthood for:

- **Birth Control**
- **Pregnancy Tests**
- **STI, UTI, and Vaginal Infections**
- **Gender Affirming Hormone Therapy, and more**

## **WE ACCEPT MOST INSURANCES.**

We accept most major insurance plans.

## **THERE ARE NO WRONG QUESTIONS.**

Reproductive healthcare can be confusing! How often do you need to get tested or screened? What kind of birth control options are available? Whatever the question, we're ready to answer.

## **YOU HAVE CONTROL OF YOUR HEALTHCARE.**

We will give you information, options, and guidance on the current best medical practices so that YOU can make the best choices for you. Our experts will explain the process or procedure and be with you each step of the way.

## **OTHER RESOURCES**

### **Chat/Text Program**

Our professional health educators are available six days a week by text to answer your questions about sexual health anonymously. Text "PPNOW" to 774636 to get answers.

### **Spot On Period Tracker**

Our period tracker stores information on YOUR device about your birth control and period symptoms to help you stay on track.

### **Planned Parenthood of Greater Texas Educational Programs**

Visit [ppgreatertx.org/education-outreach](http://ppgreatertx.org/education-outreach) for information on educational programs or services.

**Schedule your appointment today**  
at [ppgreatertx.org/shareyourchair](http://ppgreatertx.org/shareyourchair)

