

# sextalk.

answers to your questions about sex and relationships

## factoid

If you are 18 years or older, you can get emergency contraception (the “morning after pill”) without a prescription at most pharmacies, including the UA Campus Health Service. For more info, visit [www.go2planB.com](http://www.go2planB.com).

## Q. If I get birth control or get STD testing at Campus Health, will my parents ever find out?

A. Only if you tell them yourself, or choose to release your medical records to your parents by requesting and signing an authorized (and very specific) form. This applies to students 18 years or older.

Campus Health has a strict confidentiality policy which works to protect the privacy of students, whether services are received for laboratory testing, counseling, pharmacy, massage, sports medicine, immunizations, acupuncture or any other kind of health care service. Charges billed to your Bursar’s Account will show up labeled only as “*Campus Health*.” Charges will not be labeled as “birth control” or “STD testing”. It’s up to you what you want to tell your parents (or not). Campus Health will keep all your medical records confidential.

To keep Campus Health charges (which might raise eyebrows or prompt questions from your parents) from posting to your Bursar’s account, you can always pay for any charges the day of your visit. That way, nothing hits your account.

If you have health insurance and need a bill to submit to your insurance carrier for reimbursement, Campus Health will provide you a detailed and itemized statement for that purpose. By the way, any student taking 1 unit of credit is eligible to use the health service. Insurance is not required.

## Q. Why do I need to see a doctor before getting tested for STDs?

A. There are dozens of tests that could be ordered but not all are recommended for each patient. Some STDs are diagnosed by visual exam, some require blood tests, and others are confirmed by laboratory cultures that require specific collection and testing procedures.

Which tests you undergo depend on your sexual and medical history, whether or not you are having symptoms, and whether your sexual partner(s) have any sexually transmitted infections. A short visit with a medical provider will help determine the most important tests for you and can save you a lot of time and money by avoiding unnecessary testing. If you have any questions about STD testing, call 621-4967.



Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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