

OUR FULL RANGE OF REPRODUCTIVE AND SEXUAL HEALTH SERVICES

- Birth Control
- STI Testing and Treatment, Including Rapid HIV Testing
- PrEP and PEP (medicine that reduces your risk of getting HIV)
- Pregnancy Testing and Options Counseling
- Cervical Cancer Screenings and Prevention, including Colposcopy, and LEEP
- HPV Vaccination
- Annual Exams
- Breast Exams
- Emergency Contraception
- Medication and In-Center Abortion
- Urinary Tract Infection (UTI) Testing & Treatment
- Gender-Affirming Care
- Perimenopausal and Menopausal Services
- Men's Health Services
- Permanent Contraception (vasectomy and tubal ligation)
- Comprehensive Reproductive and Sexual Health Education in the Community



PLANNED PARENTHOOD OF THE PACIFIC SOUTHWEST HEALTH CENTERS

CHULA VISTA CENTER

1295 Broadway, #201
Chula Vista, CA 91911

CITY HEIGHTS CENTER

4305 University Ave., #350
San Diego, CA 92105

COACHELLA CENTER

49-111 California 111, #6-A
Coachella, CA 92236

COLLEGE AVENUE SARAH WEDDINGTON CENTER

4575 College Ave.
San Diego, CA 92115

CORONA CENTER

2079 Compton Ave., #104
Corona, CA 92881

EL CAJON CENTER

1685 E. Main St., #301
El Cajon, CA 92021

ESCONDIDO CENTER

347 W. Mission Ave.
Escondido, CA 92025

EUCLID AVENUE FRANCIS TORBERT CENTER

220 Euclid Ave., #30
San Diego, CA 92114

FIRST AVENUE MICHELLE WAGNER CENTER

2017 First Ave.
San Diego, CA 92101
FAMILY PLANNING: Suite 301
SPECIALTY SERVICES: Suite 100

HEMET CENTER

1780 E. Florida Ave.
Hemet, CA 92544

IMPERIAL VALLEY HOMAN CENTER

1463 South 4th St.
El Centro, CA 92243



KEARNY MESA JOAN & IRWIN JACOBS CENTER

7035 Convoy Ct.
San Diego, CA 92111

MIRA MESA CORTON/EIBL FAMILY CENTER

10717 Camino Ruiz, #258
San Diego, CA 92126

MISSION BAY MIMI BRIEN CENTER

4501 Mission Bay Dr., #1C&D
San Diego, CA 92109

MORENO VALLEY CENTER

12900 Frederick St., Suite C
Moreno Valley, CA 92553

MURRIETA CENTER

25130 Hancock Avenue,
Suite 100
Murrieta, CA 92562

RANCHO MIRAGE CENTER

71777 San Jacinto Dr., #202
Rancho Mirage, CA 92270

RIVERSIDE FLASTER FAMILY CENTER

3772 Tibbetts St.
Riverside, CA 92506

VISTA ISABELLA CENTER

1964 Via Centre
Vista, CA 92081

Preventive Care

IT'S ABOUT STAYING HEALTHY



Planned.org

The key to staying healthy includes good preventive reproductive health care.

PREVENTIVE CARE is about regular medical visits that can help detect diseases, conditions, or illnesses before they become more serious. It's also about education that helps you make healthy choices that reduce the risk of sexually transmitted infection and unintended pregnancy.

At **PLANNED PARENTHOOD**, sexual and reproductive health care is our specialty. Our 20 health centers in San Diego, Riverside, and Imperial counties provide lifesaving cervical cancer screenings, breast exams, birth control, and STI testing and treatment to help you stay healthy.



PREVENTIVE CARE IS COVERED BY MOST HEALTH INSURANCE

Did you know that **PLANNED PARENTHOOD** accepts many types of insurance? And if you don't have health insurance, we've got you covered. We'll make sure you get the **AFFORDABLE, NONJUDGMENTAL, HIGH-QUALITY** reproductive and sexual health care you deserve.

Remember, preventive care exams can detect small problems before they become major issues.

MAKE AN APPOINTMENT ONLINE AT
planned.org

OR CALL US AT
1-888-743-7526

IN IMPERIAL COUNTY CALL
760-594-9100

TELEHEALTH NOW AVAILABLE
planned.org/telehealth

Q: WHEN SHOULD YOU COME IN FOR A PREVENTIVE CARE VISIT?

It all depends on your age and the kind of care you need.

PAP TEST (CERVICAL CANCER SCREENING)

Between ages 21–29, get tested every 3 years. Between ages 30–65, get a Pap test every 3 years, or Pap & HPV every 5 years. (These recommendations are for people with no history of an abnormal Pap test.)

CLINICAL BREAST CANCER SCREENING

Clinical breast exams are provided every 1-3 years for people who are 25 to 39.

For those 40 and older, we provide breast exams and referrals for mammograms annually, but we do not provide mammograms in our health centers.

STI SCREENING

People who have sex should get tested regularly. You can determine how frequently you should be tested by discussing your risk factors with your clinician.

BIRTH CONTROL

Make an appointment to see a clinician if you would like to start taking birth control, if you have questions about your birth control method, or if you are considering switching to a highly effective method such as the IUD or implant, or effective methods of birth control such as the pill, patch, shot, or ring.

