



Center for Health Promotion & Wellness

MIT Medical Department
 E23-205
 77 Massachusetts Avenue
 Cambridge, MA 02139
 Phone: 617-253-1307
 Fax: 617-253-7265
 Email: healthed@med.mit.edu

Center for Health Promotion & Wellness

Sexual Health Services for Students at MIT Medical

Sexual Health Care Services at MIT Medical

Service	Cost	Appointment?
Sexual Health Exams	Free	Call your primary care provider or Internal Medicine, 253-4481. Female students can also get care through OB/GYN, 253-1315.
STD & HIV Testing/Treatment	Free	
Contraception	Exam free; costs for contraceptive methods listed below	
Emergency Contraception	\$15 (\$10 HP*)	Available 24 hours/day. Contact OB/GYN or Internal Medicine, 253-4481 (weekdays) or Urgent Care, 253-1311 (evenings/weekends).
Pregnancy Testing	Free	Call OB/GYN, 253-1315 or your primary care provider for an appointment. Results usually available same day.
Abortion Referrals	Free	Call OB/GYN, 253-1315 for an appointment.
Prenatal/pregnancy care	Set by insurance	All students eligible to receive prenatal care through OB/GYN, but cost set by insurance. Call 253-1315 for prenatal appointments. To check your coverage, call the Billing Office, 253-4303.

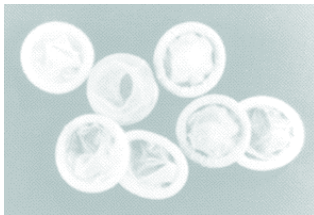
Contraceptives and Safer Sex Supplies Available at MIT Medical

Method	Prescription?	Cost
Condoms	No	Free at Health Promotion \$6 per box of 12 at Pharmacy
Female Condoms	No	Free at Health Promotion
Latex ("dental") Dams	No	Free at Health Promotion \$1/each at Pharmacy
Lubricants	No	Free at Health Promotion \$2.50 at Pharmacy
Diaphragm	Yes	\$35.10 (HP \$20; SI \$15)
Intrauterine Device (IUD)	Yes	Cost avail. from prescribing clinician
Oral Contraceptives ("The Pill")	Yes	Cost varies by brand (SI \$15)
Depo-Provera (injection)	Yes	\$55.15 (HP \$20; SI \$15)
Contraceptive Patch (Ortho-Evra)	Yes	\$35.95 (HP \$20; SI \$15)
Contraceptive Vaginal Ring (NuvaRing)	Yes	\$39.95 (HP \$20; SI \$15)
Emergency Contraception	Yes	\$15.85 (HP \$10; SI \$15)

HP=MIT Medical Health Plan members; SI=MIT Medical Student Extended Insurance Plan members
 Note: Spermicides and the cervical cap are not sold at MIT Medical.

Many sexual health services, such as physical exams, STD and HIV tests, condoms, and pregnancy tests, are free for all MIT students. Other services, like contraception and prenatal care, are conveniently available at MIT Medical (costs vary according to your insurance coverage).

Both male and female students can make appointments for basic sexual health services, including physical exams, prescriptions for contraception, STD and HIV tests, and pregnancy tests through Internal Medicine by calling their primary care provider or by calling 617-253-4481. Female students can also choose to make appointments through Obstetrics and Gynecology (OB/GYN) by calling 617-253-1315. Because OB/GYN is a smaller, more specialized service, wait times for routine appointments may be longer than in Internal Medicine.



All students can get safer sex supplies, such as condoms, lubricant, dental dams, female condoms, and latex gloves, at the Center for Health Promotion and Wellness on the second floor of MIT Medical.

Does MIT Medical have a gynecology department?

Yes. MIT Medical has a full Obstetrics and Gynecology Service (OB/GYN), staffed by physicians, nurse practitioners, and nurse midwives. The OB/GYN Service is affiliated with Mount Auburn Hospital in Cambridge. Female students can choose to receive basic sexual health services through either Internal Medicine or OB/GYN. Specialized sexual health problems, such as pelvic pain or menstrual irregularities, are handled by OB/GYN. You do not need a referral to make an appointment at OB/GYN. More information about the service is available at <http://web.mit.edu/medical/services/s-obstetrics.html>.

How often should I get a sexual health exam?

The American College of Obstetricians and Gynecologists recommends that a female first visit a gynecologist between the ages of 13 and 15, whether or not she has had sex. After this initial visit, women should have a routine sexual health exam every year. Women should also get a Pap test, which is a screening test for cervical cancer, three years after they become sexually active or by age 21, whichever comes first.

Although similar guidelines do not exist for men, male students may want to schedule a routine physical exam, which includes a sexual health exam, every two years. Men should also get care as needed for STD screening, sexual function problems, or genitourinary problems.

I'm a virgin – do I need sexual health care?

Even if you have not had sex, it's important to visit a health care provider regularly. Sexual health care is not just about contraception and STD testing – it is also about making sure that your reproductive system is in good working order and about getting information that will help you make informed choices about sex later.

Will I have to have a pelvic exam?

Some women are concerned about pelvic exams, especially if they have not had sex yet. A pelvic exam is not always part of a sexual health visit. You and your health care provider will decide together if a pelvic exam is necessary. If you are worried about having a pelvic exam, talk to your health care provider about your concerns.

More information about sexual health exams for women can be found at <http://www.plannedparenthood.org/WOMENSHEALTH/keytogyn2.html>.

Why do the doctors always ask me if I'm pregnant?

This can seem like a touchy question. But don't take it personally! You aren't being asked this question because you seem like you might be the type to be sexually active or to not use contraception correctly. Clinicians routinely ask this question of all female patients, because the answer can often determine decisions about diagnostic tests or treatments. For example, if your health care provider is considering something as simple as an x-ray or certain prescription drugs, he or she absolutely needs to know if there is any chance you might be pregnant. Certain drugs taken during pregnancy can cause health problems in a pregnant woman and birth defects in a baby; radiation from an x-ray can also harm a developing fetus.

Why don't the free condoms have spermicide?

Some condoms contain the spermicide Nonoxonyl-9 (N-9). N-9, which is also found in spermicidal gels, foams and films, may increase the effectiveness of contraceptive methods like condoms and diaphragms by killing sperm that get into the vagina. However, N-9 is also an irritant and can cause redness, rashes and itching in some people. Women, especially, may find that N-9 increases their risk of urinary tract infections and yeast infections. In 2000, research showed that use of N-9 may increase the risk of HIV transmission, and the United States Centers for Disease Control and Prevention

recommended that N-9 not be used for HIV and STD prevention purposes. Because of this recommendation and the potential for irritation in some people, the Center for Health Promotion and Wellness only supplies condoms that do not contain N-9. Condoms and spermicides containing N-9 can be purchased at many drugstores.

Will my parents find out that I got reproductive health services at MIT? Will my visits, tests or prescriptions show up on my insurance?

Visit for routine sexual health care, including exams, pregnancy testing and STD testing, is covered under the Student Medical Plan, which all registered students receive. Therefore, your parents' insurance is not involved, and no information about the visit or the test is sent to them. In addition, your medical records at MIT are protected by strong confidentiality laws, and your parents can not get a copy of them without your written permission.

If you get prescription medication such as contraception during your visit, a "pharmacy charge" statement may be generated on your bursar bill (if you charge the cost of the drug or your co-payment) or on your parents' insurance statement (if you do not have the MIT Student Extended Insurance Plan). The amount of information about the specific medication purchased depends on your parents' insurance plan. If you wish to avoid any mention of a pharmacy charge, you may pay the full cost of the medication yourself in cash — the pharmacy can give you information about the current prices of specific drugs. A month's supply of hormonal contraception such as birth control pills, the Ortho-Evra patch, or NuvaRing vaginal ring usually costs between \$20 and \$35.