SHC SEXUAL & REPRODUCTIVE HEALTH FAQs

Does the Student Health Center provide STI screening and treatment? Yes. We provide a full array of testing and treatment for STIs.

Will my parents find out that I was tested? It depends. If you have the student health insurance plan offered by USD it is YOUR insurance, not your parents. Bills and statements should come directly to you unless you have your home address as the default. If you are insured under a parent or other family member's plan, and you submit the receipt of payment, then they will likely receive a statement of services, and an "explanation of benefits" letter that may detail the tests done. It is difficult for us to predict how much information will be shared with each insurance policy. You do not need to submit the receipt of payment. If you want complete confidentiality, you can pay for the visit and testing out of pocket and insurance will not be used.

How much does STI screening cost at the Student Health Center if I have the student health insurance plan? It would be fully covered and at no cost to you.

How much does STI screening cost at the Student Health Center if I don't have the student health insurance plan, but have different insurance? If you are covered by other insurance, you would pay the Student Health Center for the cost, and get a receipt of payment. You may submit that to your insurance company, and they may reimburse you for some or all of the cost. Every insurance company and plan is different so it is difficult for us to predict. We do not submit claims to insurance for labs or medications from the Student Health Center.

How much does STI screening cost at the Student Health Center if I pay completely out-of-pocket?
- Chlamydia and Gonorrhea (self-collected swab per site) - $50
- HIV (blood test) - $30
- RPR (syphilis) (blood test) - $10

Are there low- or no-cost STI screening alternatives?
- San Diego Family Care https://sdfamilycare.org/
- Family Health Centers https://www.fhcsd.org/clinic-location-list/
- San Diego County Health and Human Services (low cost or free/anonymous/walk-in) https://www.sandiegocounty.gov/hhsa/programs/phs/hiv_std_hepatitis_branch/hiv_counseling_and_testing_services.html
- "Don't Think Know": FREE at-home self-swab vaginal test kits https://sandiego.dontthinkknow.org/
- Please speak with a student health center provider for individualized resources

If I am sexually active, how often do I need to get tested? In general, the CDC recommends:

- Annual chlamydia and gonorrhea screening of all sexually active individuals where one or more partners are women or were assigned female at birth and are younger than 25 years (sometimes those over 25 should be tested). Ages 13-64 should be tested at least once for HIV.
- Annual chlamydia, gonorrhea, HIV, and syphilis screening for all sexually active individuals who identify as gay, bisexual, and those who were assigned male at birth who have sex with men and/ or others who were assigned male at birth (MSM). Sexually active MSM who have multiple or anonymous partners should be screened more frequently (e.g., every 3-6 months). Testing is often recommended at sites of contact.

Will the Student Health Center prescribe contraceptives? We can prescribe hormonal contraceptives if medically indicated but not directly for contraception. Some examples of medical indications are acne, irregular periods, heavy periods, cramps, and polycystic ovary syndrome.

Can I get PrEP ("pre-exposure prophylaxis" medication for HIV) at the Student Health Center? The Student Health Center follows CDC recommendations when prescribing PrEP. To learn more, please call the Student Health Center to schedule a consultation.

How do I get STI testing at the Student Health Center? The best option is to contact us on your Wellness portal https://mywellness.sandiego.edu/ and follow the prompts. Often this is arranged online and you would just need to come in for the lab collection.

Please speak with your healthcare provider if you have any other questions or concerns – your medical information is protected information.