

# How To Visit A Sexual & Reproductive Healthcare Provider



## HOW TO USE THIS HANDOUT

This worksheet provides information about accessing sexual and reproductive healthcare. Caregivers and youth can review this worksheet together to prepare for visits with a healthcare provider. The activities cover the steps of finding a provider, scheduling an appointment, and getting questions answered.



## STEP 1: LET'S BRAINSTORM

*How do you choose a healthcare provider for sexual and reproductive health?*

Consider the following questions to identify the provider the youth will feel most comfortable seeing:

- Would you like to see a pediatrician or family doctor you have seen before (if they provide sexual and reproductive healthcare), or someone new?*
- What kinds of care do you need and what type of provider meets that need?*
- What type of insurance do you have?*
- What are other important characteristics of a doctor or healthcare provider that would make you feel more comfortable?*

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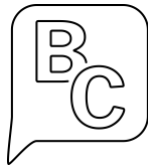


## STEP 2: LET'S FIND A PROVIDER

Once you've narrowed down the type of provider the youth would like, you can ask around to find one who best fits their needs. Your pediatrician or family doctor might be able to recommend someone. This is also a great opportunity to work together to practice searching for a provider online.

Explore the links below:

- STAR health provider search:
  - <https://www.fostercaretx.com/for-members/find-a-provider.html>
- Foster Care Center of Excellence affiliated health providers
  - [https://www.fostercaretx.com/content/dam/centene/fostercare/pdfs/SHP\\_20173907-FC-Center-of-Excellence-M-EN-508-07292020-WP.pdf](https://www.fostercaretx.com/content/dam/centene/fostercare/pdfs/SHP_20173907-FC-Center-of-Excellence-M-EN-508-07292020-WP.pdf)
- Title X Provider search
  - <https://opa-fpclinicdb.hhs.gov/>



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## KEY TIP

Don't forget to explore Title X Clinics. Title X Clinics provide sexual and reproductive healthcare regardless of the client's ability to pay, insurance status, age, immigration, or citizenship status, or if they have a government issued ID. Minors may consent to their own confidential care at a Title X Clinic. There are approximately 200 Title X Clinics across Texas.

## KEY FACT

Youth in care have access to Medicaid or STAR Health, which entitles them to full coverage for most sexual and reproductive health services, but we encourage you and them to talk to their provider before receiving any services.



## STEP 3: LET'S DISCUSS

Before making an appointment, discuss any questions the youth may want to ask in advance. With caregiver support, if the young person feels comfortable, they can call, ask their questions, and make an appointment.

- What are the different services you provide for teens?*
- Do many teens come to this clinic?*
- Do you accept Medicaid/STAR Health?*
- Will Medicaid cover the cost of the visit?*
- Will Medicaid cover the cost of prescriptions, if any?*
- If a payment is required, how much will I pay?*
- What are your hours?*
- Do I need to make an appointment, or do you accept walk-ins?*
- Is your clinic accessible by public transportation?*
- Does my parent/caregiver/guardian need to come with me?*
- Are my records confidential? Can my foster parent or social worker get access to my records?*
- If this is my first sexual health exam, will someone explain to me what to expect before the exam begins?*
- Other important questions:*

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## KEY FACT

STAR Health provides practice healthcare visits for any youth who needs a bit more time and reassurance to prepare for the actual visit. Contact STAR Health member services for more information regarding this service.



# How To Visit A Sexual & Reproductive Healthcare Provider

## STEP 4: BOOK AN APPOINTMENT

Together you have chosen a provider—now it’s time to schedule an appointment. Fill in the chosen provider’s information below:

Medical Provider Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Location: \_\_\_\_\_

## STEP 4: LET’S PREPARE FOR OUR VISIT

In the time leading up to the visit, set aside some time to discuss:

*What do you need to bring to the appointment?*

- *Identification*
- *Payment method if you expect to pay*
- *Proof of income if you are inquiring about low-cost or free services*
- *List and dosages of any other medications you are taking*

*What should you expect during a visit?*

*What are some questions the provider may ask?*

*What questions do you want to ask during the clinic visit?*

*Would you like your caregiver to be present during the visit, or not?*

*What are your plans for transportation, if necessary?*

*What are other concerns or questions?*

*What questions or concerns do you have about confidentiality or privacy at the visit?*

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*Write down some things that would help you feel comfortable, honest, and open with the healthcare provider. Discuss how caregivers can support you in this regard.*

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**KEY TIP**

Healthcare professionals need accurate information about sensitive topics, like sexual activity and substance use, to provide the best care possible. Think together about the youth’s concerns and wishes for confidentiality. The healthcare provider will keep the conversation with the youth confidential, except in cases of danger to the young person or others.



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## *What should you expect after the visit?*

If the provider runs tests, make sure youth knows how they will receive the results.

Remember, it's OK to call the provider if questions come up that youth forgot or couldn't ask at the appointment.

Remind the youth that they do not have to stick with the same provider if they did not feel comfortable or didn't connect with the provider.



## ADDITIONAL RESOURCES

Check out the TFYHI [Caregiver FAQs](#) for more information about the above topics.