

YOUR HEALTH. YOUR TERMS.

# Most people wait too long. You don't have to.

Sexual health isn't a conversation reserved for when something goes wrong. At Lumiya Health, we believe proactive, confidential care is a right – not a luxury. Everything we do is evidence-based, non-judgemental, and built entirely around you.

SCREENING & TREATMENT

## STI Screening & Treatment

STI screening can be performed as part of a routine health check, following potential exposure, or if you are experiencing symptoms. Testing is always discussed beforehand, and results are reviewed with you in a confidential follow-up consultation.

WHAT WE SCREEN FOR

HIV, syphilis, hepatitis, chlamydia, gonorrhoea, and other clinically relevant infections via blood tests, urine tests, or swabs.

AFTER YOUR TEST

Prompt treatment with appropriate medication, partner notification advice, counselling, and follow-up testing or test-of-cure when required.



**HIV Prevention**

Risk assessment, HIV testing, routine monitoring, safer sex counselling, and personalised prevention strategies.



**Sexual Health Counselling**

A safe space to address libido, pain, dysfunction, relationship concerns, and the emotional dimensions of sexual wellbeing.



**Fertility Support**

Pre-conception advice, hormone assessments, menstrual and ovulation concerns, and referral to fertility specialists when needed.

URGENT CARE

## Post-Exposure Prophylaxis (PEP)

PEP is emergency medication used to reduce the risk of HIV infection after potential exposure. It must be started as soon as possible, ideally within 72 hours. This service includes urgent clinical assessment, baseline blood tests, prescription and initiation of PEP medication, adherence counselling, and ongoing monitoring.

If you believe you may need PEP, contact the practice urgently or seek immediate medical care.



PREVENTION & WELLBEING

## Prevention Is the Most Powerful Treatment

HIV prevention isn't one-size-fits-all. We offer personalised risk assessment, HIV testing, safer sex counselling, and referral for specialist care – all tailored to your lifestyle and medical history.

Sexual health counselling goes further – addressing low libido, pain, dysfunction, relationship concerns, and emotional wellbeing in a safe, confidential space. You deserve care that sees the whole picture.



FERTILITY & REPRODUCTIVE HEALTH

## Your Fertility Journey Starts With the Right Questions

We provide initial fertility counselling, pre-conception advice, hormone assessments, menstrual and ovulation investigations, and reproductive health assessments for both males and females.

When specialist input is needed, we coordinate referrals to fertility specialists or gynaecology – so you're never navigating alone.

HOW IT WORKS

## A Consultation Built Around You



**Full Health History**

Detailed medical and sexual health history taken with care and discretion.



**Testing & Treatment**

Blood tests, swabs, prescriptions, and preventative treatment where indicated.



**Counselling & Education**

Honest conversations, evidence-based guidance, and emotional support.



**Virtual or In-Person**

Some care suits virtual consultations; others require a visit. We'll guide you.

## Take the first step. Your wellbeing is worth it.

Sexual health is an essential part of your overall wellbeing. Whether you need routine screening, urgent care, counselling, or fertility guidance, Lumiya Health is here with evidence-based, compassionate support - every step of the way.