



American College of Physicians  
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Chapter

# WEBINAR

## Contraception Care for the Primary Care Provider

Tuesday, July 15th, 2025

6:00PM

*This webinar has been designated  
for 1.0 AMA PRA Category 1  
Credit(s)<sup>TM</sup> and 1.0 MOC points.*

### OPEN TO ALL – NO FEE TO ATTEND

**PRESENTED BY: SARAH ALLEXAN, MD, CLINICAL ASSISTANT PROFESSOR OF INTERNAL  
MEDICINE & PEDIATRICS, UNIVERSITY OF MICHIGAN**



### ABOUT THE SESSION

This webinar will explore the critical role of addressing contraceptive needs in clinical care. Participants will enhance their knowledge of contraceptive options, including indications and contraindications, and gain practical guidance on counseling and implementing long-acting reversible contraception (LARC). Designed for physicians, this session aims to improve patient-centered contraceptive care through informed, confident clinical practice.

### GET TO KNOW THE PRESENTER

*Dr. Sarah Allexan was raised in Denver, Colorado, completed her undergraduate studies at Kalamazoo College and studied abroad in Quito, Ecuador, where she became fluent in Spanish. She returned to the University of Colorado School of Medicine for medical school and went on to complete a combined residency in Internal Medicine and Pediatrics at the University of Michigan. Following her training, Dr. Allexan worked as a traveling primary care physician at a federally qualified health center in Napa, California, serving a predominantly migrant farmworker population. She later practiced as a primary care physician and newborn hospitalist at a rural health center in Oregon. Dr. Allexan has a wide range of clinical interests, including general medicine, pediatrics, preventive care, addiction medicine, and women's health. She provides contraceptive care, including Nexplanon insertions, and treats patients with opioid use disorder. Outside of medicine, Dr. Allexan enjoys traveling, spending time outdoors, running, speaking Spanish, and being with her husband and daughters.*

### CME INFORMATION

*The American College of Physicians (ACP) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The ACP designates this other activity (live component and enduring component) for a maximum 1.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

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