



# Plan First

Information is available at  
[www.PlanFirst.org](http://www.PlanFirst.org)

For more information ask  
your local:

- Health department  
*or*
- Department of  
social services



After your baby  
is born...

## Plan First

## Virginia's free family planning coverage for women and men

It's best to wait at least 18 months  
before getting pregnant again –  
for your own health and the health  
of your baby.

Plan First provides FREE yearly  
family planning exams, birth control,  
lab testing, counseling and more...

## Plan First Family Planning Health Insurance can help!

Plan First is a program of the Commonwealth of Virginia  
in partnership with the Virginia Department of Medical  
Assistance Services and the Virginia Department of Health  
DMAS-P1 0812

Spacing pregnancies is healthier for  
you and your baby.

Family planning helps you and your  
partner decide if and when to have  
another baby.





# Free family planning for women and men

## Plan First Covers:

- Yearly women's GYN exams
- Pap tests
- Sexually Transmitted Infection (STI) testing
- Lab services for family planning and STI testing
- Prescription birth control
- Over-the-counter birth control\*
- Sterilization procedures
- Education and counseling
- Transportation to covered family planning services

\* With a prescription

## Who is Eligible?

Women and men may be eligible if they:

- Live in Virginia
- Meet the monthly income limits\*
- Are US citizens or qualified legal immigrants

\*If you were on Medicaid or FAMIS MOMS while pregnant, you may qualify for Plan First.



## How Do I Apply?

Apply for Plan First at your local department of social services. You can pick up an application at your local department of social services or health department. You can even print the application from [www.PlanFirst.org](http://www.PlanFirst.org).

You must include one month's proof of income (for the most recent month). If you are a U.S. citizen, you will need to provide your Social Security number on the application. If not a U.S. citizen, you will need proof of your immigration status.

Your local health department can help you complete your application if you need it.

## Plan First Providers

Many health departments, community health centers, clinics, and private medical practices accept Plan First. Visit [www.PlanFirst.org](http://www.PlanFirst.org) to find a provider near you.

## Plan First pays for family planning services only.

If you get sick or need treatment for medical problems:

- Contact your doctor or a local clinic
- Call toll-free (877) 508-3627 to find the nearest community health center
- Dial 2-1-1 to get free information on other local health services