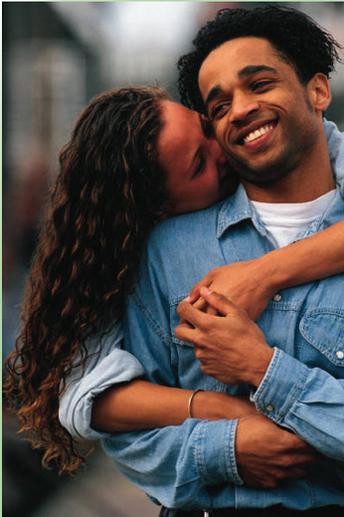


# Free Family Planning Services

For women and men



Family Planning Services provide education and support to help you decide if or when you want to have a baby. That's why planning ahead and choosing birth control that suits **YOU** and your lifestyle is so important. So sign up for **FREE** yearly family planning exams, contraceptives, lab testing, family planning education and more....

**No copay required**



For more information contact:

Your local Health Department  
or  
Your local Department of Social Services

or visit

[www.planfirst.org](http://www.planfirst.org)



## Have you heard?

There's a great new birth control program for women and men



# Plan First Family Planning Health Insurance for Women and Men

Family planning is more than just birth control; it includes regular check-ups and screening services that help to protect your reproductive health.

Family planning services can also help you as you decide if and when you want to have a baby.



## What's covered?

- Yearly family planning exam
- Pap tests
- Sexually transmitted disease (STD) testing
- Lab services for family planning and STD testing
- Family planning education and counseling
- Sterilization procedures
- Prescription contraceptives
- Over-the-counter (OTC) contraceptives\*
- Transportation to covered family planning services

\* Always need to have a doctor's order for any OTC contraceptive.

**Note: Plan First covers services to prevent unplanned pregnancies only. Please check with your provider about what is covered.**

## Who is eligible?

Men and women may be eligible if they:

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

If you are under the age of 19 or pregnant you may be eligible for full health care coverage. Contact your local department of social services (DSS).

## What if I have other health care needs?

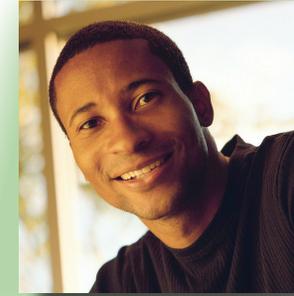
Plan First pays for family planning services only. If you get sick or need treatment for other medical conditions, you can go to a Community Health Center that provides primary care on a sliding fee scale based on your income. For information on locating a Community Health Center near you, call toll free 1-800-230-6977 or 2-1-1.

## How do I get more information and apply for Plan First?

For more information or to get an application:

- Go to your local DSS or local Health Department
- Visit [www.planfirst.org](http://www.planfirst.org)

You can apply for these benefits at your local DSS and local clinics or download the application from the Department of Medical Assistance Services website at [www.planfirst.org](http://www.planfirst.org). Your signed and completed application must be submitted to the local DSS agency.



## 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.

**You must renew your coverage at least every 12 months. A form will be mailed to you by your local DSS that you will need to complete and return to keep receiving Plan First coverage.**

## Where can I find a provider?

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.

**Transportation reservations: Call 866-386-8331**