



# Plan First

## Virginia's Family Planning Health Insurance For Men and Women

*Use this sheet for information purposes only.*

### Welcome, Plan First Member!

*Plan First* is a Medicaid program that pays for birth control and family planning services for women and men. It is a limited coverage program and not considered full coverage Medicaid.

### What Does Plan First Cover?

*Plan First* covers:

- Pap smears for women to screen for cervical cancer
- Annual family planning exams
- Sexually transmitted infection (STI) testing
- Lab services for family planning and STI testing
- Birth control counseling
- Sterilizations (you must be at least 21 and wait at least 30 days after signing a consent form)
  - Tubal Ligation (Tubes tied) or Essure implant for women & vasectomies for men
- Most birth control methods including IUDs, Depo Provera Injections, diaphragms, NuvaRing, birth control patch, Implanon and Nexplanon Implants, many birth control pills, and condoms
- Transportation to a family planning appointment or to pick up a prescription for birth control

### What Services are Not Covered?

*Plan First* does not pay for:

- Exams for women/men who no longer need or want pregnancy prevention services
- Treatment for medical problems, including STIs or other reproductive health problems
- Repeat Pap tests
- Vaccinations
- Hysterectomies
- Infertility treatments
- Abortions
- Emergency transportation -- ground or air ambulance

### What if Plan First Doesn't Cover What You Need?

- Contact your doctor, clinic or health department
- Call toll-free (877) 508-3627 to find a community health center near where you live
- Call 2-1-1 or visit [www.211virginia.org](http://www.211virginia.org) for a list of medical providers who offer services at low-cost or for free
- If you have eligibility questions please contact your local department of social services.