

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. You should wait at least 18 months after the birth of your baby before getting pregnant for the health of you and your baby. Sign up for **FREE** yearly family planning exams, contraceptives, and family planning education!

No copay required



For more information:

Visit www.PlanFirst.org
or
Call Cover Virginia toll free at
1-(855)-242-8282



Plan First is a program of the Commonwealth of Virginia
DMAS 66E RVSD 1115/0218

Plan First

*Virginia's Limited Benefit
Family Planning Program*



*A program covering birth control services
for women and men in Virginia*

1-(855)-242-8282
www.PlanFirst.org





Plan First Limited Benefit Family Planning Insurance for Women and Men

Plan First covers yearly physical exams for family planning (birth control) and screening services to help protect your health.

Family Planning services can help you decide if and when you want to have a baby.

What's covered?

- Yearly physical exams for family planning (birth control) purposes including:
 - › Pap tests;
 - › Lab services for family planning and Sexually Transmitted Infection (STI) testing;
 - › Family planning education and counseling;
- All birth control methods provided by a clinician including contraceptive implants, ring, patch, IUDs, birth control pills, diaphragms, Depo Provera and condoms*; and some birth control methods obtained with a prescription such as contraceptive ring, patch, birth control pills, and diaphragms;
- Sterilization procedures for individuals over age 21; and
- Non-emergency transportation to covered family planning services

* IUDs, implants and depo provera must be provided by the doctor.

Note: Plan First only covers family planning services. Please check the Plan First Handbook or visit www.planfirst.org to see what is covered.

Who is eligible?

Men and women may be eligible if they:

- Are not eligible for full benefits through Medicaid or FAMIS
- Are US citizens or legally-residing immigrants
- Live in Virginia
- Meet the monthly income limits. Please visit www.planfirst.org for current income limits.

If you are under the age of 19 or pregnant, you may be eligible for full benefits through Medicaid or FAMIS. You can have other private insurance and still be eligible for Plan First. Visit www.planfirst.org for more information.

How do I apply?

Three ways to apply for Plan First:

- Apply online at www.coverva.org;
- Call Cover Virginia toll free at **1-(855) 242-8282** to apply on the phone; or
- Visit your local Department of Social Services in the city or county in which you live

You will be evaluated for full Medicaid or FAMIS benefits. If you are not eligible for full benefits, you will then be evaluated for Plan First. If you are not in need of birth control, or no longer wish to participate in Plan First, contact your eligibility worker at your local Department of Social Services.

Where can I find a Plan First doctor?

Many health departments, community health centers, clinics, and doctor's offices accept Plan First. Visit www.planfirst.org to find a participating doctor near you.

Once you are enrolled in Plan First, schedule a family planning visit with a participating doctor of your choice.

Then, call the number below to arrange for transportation if you need help getting to your appointment. Routine reservations are taken Monday-Friday between the hours of 6:00 AM to 8:00 PM. Please call at least 5 business days ahead of time.

**Transportation reservations:
Call 1-(866)-386-8331**

What if I have other health care needs?

Plan First only pays for family planning services. If you get sick or need treatment for preventive services or other medical conditions, you will have to pay for those services. 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, visit www.hrsa.gov or call **2-1-1**.

