FOSTER YOUTH & FORMER FOSTER YOUTH


WHAT ARE FAMILY PLANNING SERVICES?
Family planning services include access to contraception to help people prevent unintended pregnancies and/or plan out births, or other related services such as testing, counseling, and education.

WHAT IS CONTRACEPTION?
Contraception is any form of birth control used to prevent pregnancy.

WHERE CAN I GO FOR FAMILY PLANNING SERVICES?
If you do not already have a provider you can go to for family planning services, you can find one at www.teensource.org/find-a-clinic. When getting family planning services, you are allowed to see any provider that accepts Medi-Cal, even if they are not part of your managed care plan.

WHAT KIND OF CONTRACEPTION CAN I GET?
All Medi-Cal enrollees can get family planning services and supplies without having to pay out of pocket (no copayments or cost sharing) and without permission from a caregiver.

Medi-Cal covers all types of FDA-approved contraception, including:
- oral contraception (birth control pills)
- injectable contraceptives (Depo-Provera)
- vaginal rings
- diaphragms
- foams, gels, jellies, and creams
- male and female condoms
- long acting reversible contraceptives (LARCs) including intrauterine contraception (IUDs)
- contraceptive patches
- contraceptive implants
- emergency contraception (Plan B)

HOW MUCH CONTRACEPTION CAN I GET?
Medi-Cal covers up to a 12-month supply of FDA-approved, self-administered contraceptives, when prescribed by a provider.

WHAT IF I WANT TO GET MY TUBES TIED OR GET A VASECTOMY?
Medi-Cal covers sterilization services for people 21 years of age and older, including vasectomies and tubal ligations (tubes tied). The individual seeking services must undergo a number of informed consent procedures before any procedure.

WHAT IF I ENCOUNTER ANY CHALLENGES ACCESSING SERVICES?
The Health Consumer Alliance (HCA) offers free assistance over-the-phone or in-person to help people who are struggling to get or maintain health coverage and resolve problems with their health plans. You can reach the HCA at 1-888-804-3536 (TTY 1-877-735-2929) or at https://healthconsumer.org/.

You can call your attorney. If you are in foster care in Los Angeles County, Placer County, or Sacramento County, you can call your attorney at Children’s Law Center. You also can call your social worker and/or CASA to ask for help. You can also talk to the Foster Care Ombuds Office to find out about all your rights, have someone hear what is going wrong, or get help. Go to fosteryouthhelp.ca.gov or call 1-877-846-1602 or email fosteryouthhelp@dss.ca.gov.