

MEDI-CAL FAMILY PLANNING & CONTRACEPTION SERVICES

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.

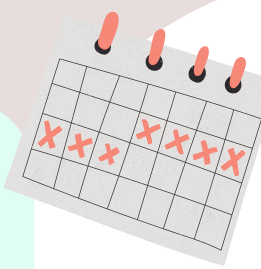


WHAT KIND OF CONTRACEPTION CAN I GET?

All Medi-Cal enrollees can get family planning services and supplies without having to pay out of pocket (no co-payments 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.