

# Medi-Cal Family Planning and Contraception FAQ

## Foster Youth, Former Foster Youth, & Transition Age Youth

### What are family planning services?

Family planning services include access to contraception to help people prevent unintended pregnancies and/or plan out births, as well as related services such as testing, counseling, and education. Contraception is any form of birth control that is used to prevent pregnancy.

### Where can I go for family planning services?

If you do not already have a health care provider you can go to for family planning services, you can find one at [www.teensource.org/find-a-clinic](http://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, including contraception, family planning counseling, vasectomies, and tubal ligations (also called “getting your tubes tied”).

Medi-Cal covers all types of FDA-approved contraception, including:

- oral contraception (birth control pills)
- injectable contraceptives, such as Depo-Provera
- vaginal rings
- diaphragms
- foams, gels, jellys, and creams
- male and female condoms
- long acting reversible contraceptives (LARCs) including intrauterine contraception (IUDs) such as Mirena, Liletta, and Paraguard
- contraceptive patches
- contraceptive implants
- emergency contraception, such as Plan B

For a full list, please see Appendix A of [Contraceptive Equity in Action: A Toolkit for State Implementation](#).

### How much will this cost me?

Medi-Cal enrollees receive family planning services and supplies without having to pay out of pocket. There are no co-payments or cost sharing.

**How much contraception can I get?**

Medi-Cal must cover up to a 12-month supply of FDA-approved, self-administered contraceptives, when prescribed by a provider.

**Can I get contraception on my own?**

You can receive contraceptives without the permission of, and without having to notify a parent/guardian, spouse/partner, social worker, foster caregiver or the biological parent of the fetus. Your health care provider also cannot tell those people, unless you give the health care provider permission.

**What if I want to get a tubal ligation or a vasectomy?**

Medi-Cal covers sterilization services for people 21 years of age and older, including vasectomies and tubal ligation. To avoid coercion, there are a number of informed consent procedures individuals must undergo before any sterilization procedure can be performed.

**What if I encounter any challenges accessing family planning and contraception?**

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. Information and legal assistance is provided by phone or in-person. The HCA can assist individuals who are not sure about their eligibility for Medi-Cal, Presumptive Eligibility for Pregnant Women, FamilyPACT, and other programs. They can also assist individuals accessing health care services, including abortion care. 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. This office can provide more information about your rights and help address your complaints. To seek help go to [fosteryouthhelp.ca.gov](http://fosteryouthhelp.ca.gov) or call 1-877-846-1602 or email [fosteryouthhelp@dss.ca.gov](mailto:fosteryouthhelp@dss.ca.gov).

**Additional Resources**

If you have any questions on your legal rights and responsibilities related to sex, pregnancy, and/or being a young parent, please check out: <http://www.teenhealthrights.org/>.

The Reproductive Health Equity Project (RHEP) for Foster Youth brings together youth in foster care and the agencies that serve them to promote systems that normalize, support, and promote the bodily autonomy and healthy sexual development of youth in foster care. This is a great resource if you have more general questions on reproductive health: <https://fosterreprohealth.org/>.

For more information on mental health resources, please check out: <https://healthlaw.org/wp-content/uploads/2022/12/A-Guide-to-Accessing-Med-Cal-Mental-Health-Services-for-Current-and-Former-Foster-Youth-ACCESSIBLE-1.pdf>

For more information about accessing Medi-Cal support for transportation, please see this resource from Maternal Child and Health Access: <https://www.mchaccess.org/pdfs/alerts/MCHA%20NMT%20Aug%202022.pdf>.

For more information on general reproductive health care coverage in Medi-Cal, please check out: <https://healthlaw.org/storage/documents/NHeLP-ReproHC-MediCal-Web-F.pdf>.

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