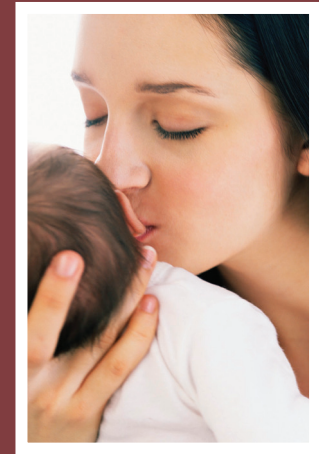# Plan First

Information is available at
www.PlanFirst.org

For more information ask your local:

- Health department
  or
- Department of social services

After your baby is born...
Plan First

Virginia's free family planning coverage for women and men

It's best to wait at least 18 months before getting pregnant again – for your own health and the health of your baby.

Plan First provides FREE yearly family planning exams, birth control, lab testing, counseling and more...

Plan First
Family Planning
Health Insurance
can help!

Plan First is a program of the Commonwealth of Virginia in partnership with the Virginia Department of Medical Assistance Services and the Virginia Department of Health

DMAS-P1 1113

Spacing pregnancies is healthier for you and your baby.

Family planning helps you and your partner decide if and when to have another baby.

PLAN FiRSt

Free family planning for women and men

How Do I Apply?

1) Apply online at www.commonhelp.virginia.gov or

2) Call Cover Virginia at 1-855-242-8282 to apply on the phone or

3) Print out and complete a paper application and mail it to your local Department of Social Services or

4) Visit your local Department of Social Services in the town or county in which you live.

Plan First Providers

Many health departments, community health centers, clinics, and private medical practices accept Plan First. Visit www.PlanFirst.org to find a provider near you.

Plan First pays for family planning services only.

If you get sick or need treatment for medical problems:

- Contact your doctor or a local clinic

- Call toll-free (877) 464-4772 to find the nearest community health center

- Dial 2-1-1 to get free information on other local health services

Plan First Covers:

- Yearly women's GYN exams
- Pap tests
- Sexually Transmitted Infection (STI) testing
- Lab services for family planning and STI testing
- Prescription birth control
- Over-the-counter birth control*
- Sterilization procedures
- Education and counseling
- Transportation to covered family planning services

* With a prescription

Who is Eligible?

Women and men may be eligible if they:

- Live in Virginia

- Meet the monthly income limits*

- Are US citizens or qualified legal immigrants

*If you were on Medicaid or FAMIS MOMS while pregnant, you may qualify for Plan First.

Plan First