

IS THE FEMALE CONDOM RIGHT FOR YOU?

There are many birth control options and it is important to find the one that fits your needs and lifestyle.

The female condom:

- ▶ provides protection from unintended pregnancy and sexually transmitted diseases,
- ▶ is latex-free and lubricated with a silicone-based lubricant inside and out; and
- ▶ is a “backup” option while waiting for a new birth control method to take effect.

Talk with your health care provider today to find out if the female condom is the birth control for you.

You may be eligible for free female condoms – flip this card over to learn how.

THE FEMALE CONDOM & THE HEALTH LAW

Did you know that you may be able to get female condoms for free?

The health care law, known as the Affordable Care Act (ACA), has insurance benefits like annual well-woman exams and a full range of birth control methods at no cost to you. This includes the female condom.

Interested in trying it out? Follow these steps:

- ▶ Ask your provider for a prescription and you may:
 - be able to get female condoms right away at your health center or
 - take your prescription to your local pharmacy and get condoms at no cost!
- ▶ Give this card to your health care provider or pharmacist if they have questions about the female condom & the health care law.

Pharmacists and health care providers: Under the ACA, all new insurance plans (both individual and employer-sponsored) are required to cover all FDA-approved methods of contraception, sterilization, and related education and counseling without cost sharing, including the female condom. *Providers must prescribe the female condom to patients in order for patients to use their insurance to cover the birth control method without cost-sharing.*

Learn more about prescription coverage of the female condom and how to prescribe it from the National Family Planning & Reproductive Health Association (www.NFPRHA.org/FC2) and the National Coalition of STD Directors (www.NCSDDC.org/femalecondom).

National
Family Planning
& Reproductive Health Association

