

# Answers to Frequently Asked Questions

- You must signup for Plan First every year on a form that will be mailed to you. You must fill it out and return it to the address on the form by the deadline so you can continue to get family planning services.
- All county health departments have Plan First Care Coordinators for women. They will be happy to help with the birth control method you choose, such as providing reminders when you need to come for your next visit.
- The Plan First Program pays for family planning services only. For treatment of high blood pressure and other medical conditions, you can go to a Community Health Center that provides primary care based on your income.
- For information on services offered under the Plan First Program or by Community Health Centers, call the Plan First Program hotline toll free at 1-888-737-2083.
- The Plan First Program does not pay for pain medication after a tubal ligation or a vasectomy. You will need to talk to your doctor about any medication that may be needed.
- The Plan First Program provides birth control for women between the ages of 19-55 and vasectomies for men age 21 or older. Ask your county health department's Family Planning Program about other services for men of all ages and teenagers under age 19.



PLAN  
**first**  
**A Family**  
**Planning**  
**Program for**  
**Women Ages**  
**19-55 and**  
**Vasectomies**  
**for Men Ages**  
**21 and older**

Alabama Department of Public Health  
and the Alabama Medicaid Agency

## Free Birth Control Services from Plan First Providers

- Yearly family planning exam
- Care support from a social worker or nurse
- Birth control methods such as pills and Depo-Provera shots
- Tubes tied for women 21 or older
- Vasectomies for men 21 or older
- Lab work such as testing for pregnancy and STDs
- Help in planning when to have a baby

## Plan First Requirements

- Live in Alabama
- Be a U.S. citizen or be in this country legally
- Be a female between the ages of 19 and 55 or male age 21 or older (vasectomy only)
- Have not had surgery to prevent pregnancy (tubes tied or vasectomy)
- Meet income requirements
- When applying you will need to provide proof of identity such as a driver's license and proof of citizenship such as a birth certificate.

## What's Not Covered

### Primary Care/Medical Services

Plan First covers family planning services only. You can receive primary care/medical services at any community health center. For more information about Alabama's community health centers, call the Plan First Hotline toll-free at 1-888-737-2083.



**Family planning can help you and your family have a better life.**

- Mothers and babies have a better chance of being healthy.
- Parents can better provide for their family, both financially and emotionally.
- Children get more time and attention.

## Call Toll-Free

1-888-737-2083 for more information and for the Plan First providers in your area, or visit [www.adph.org/planfirst](http://www.adph.org/planfirst).

