Plan First
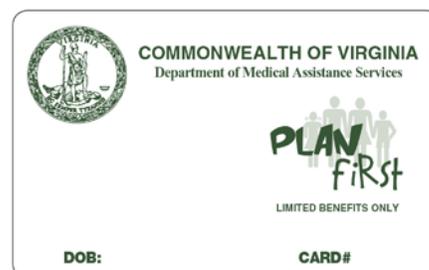## Virginia's Limited Benefit
Family Planning Insurance
For Men and Women

Use this sheet for information purposes only.

What is Plan First?

Plan First is Virginia's limited benefit family planning insurance program that pays for birth control and family planning services for women and men who do not qualify for a full-benefit Medicaid program. *Plan First* is a limited coverage program and not considered full coverage Medicaid.

When you enroll in Plan First, you will receive a green and white plastic Plan First ID card in the mail that will have your name and ID number printed on it. You must show this card to the doctor or clinic when you go for your family planning visits.

What Does Plan First Cover?

Plan First covers:

- Yearly physical exams for family planning (birth control) purposes, including PAP test (if appropriate), Sexually Transmitted Infection (STI) testing;
- Family planning education & counseling;
- Birth control methods provided by a doctor or obtained with a prescription such as contraceptive implants, ring, patch, IUDs, birth control pills, diaphragms, Depo Provera, and condoms;
- Sterilization (tubal ligations, Essure and vasectomies), if that is your choice; and
- Non-Emergency transportation to family planning services.
  *IUDs, implants and Depo Provera must be provided by the doctor.

What Services are Not Covered?

Plan First does not pay for:

- Exams for women/men who no longer need or want pregnancy prevention services
- Treatment for medical problems, including STIs or other reproductive health problems
- Repeat Pap tests due to a problem or Pap tests for women who do not need birth control
- ***Pharmacy, except for family planning purposes as noted above***
- Vaccinations
- Hysterectomies
- Mammograms
- Infertility treatments
- Abortions
- Emergency transportation -- ground or air ambulance

What if Plan First Doesn't Cover What You Need?

- Contact your doctor, clinic or health department
- Call toll-free (877) 508-3627 to find a community health center near where you live
- Call 2-1-1 or visit www.211virginia.org for a list of medical providers who offer services at low-cost or for free
- If you have eligibility questions please contact Cover Virginia toll free at 1-(855)-242-8282 or your local Department of Social Services (DSS).

For complete information about Plan First go to:
https://coverva.dmas.virginia.gov/learn/insurance-for-adults/plan-first/