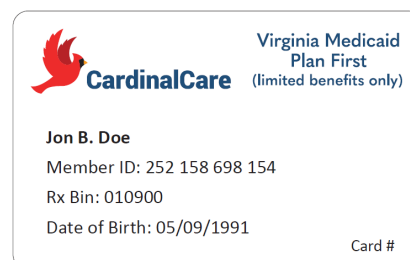# Plan First
Virginia's Limited Benefit Family Planning Coverage for Men and Women

What is *Plan First*?

Plan First is Virginia's limited-benefit Medicaid program that provides free family planning services to women and men who do not qualify for full-benefit Medicaid.

Members are mailed a *Plan First* ID card with their name and ID number on it. This card must be shown to the doctor, clinic, or pharmacy before receiving care so that only covered services are provided.

Only family planning services will be covered.

CardinalCare

Virginia Medicaid
Plan First
(limited benefits only)

Jon B. Doe
Member ID: 252 158 698 154
Rx Bin: 010900
Date of Birth: 05/09/1991

Card #

Plan First members may also be eligible for affordable, high-quality health insurance with comprehensive coverage through Virginia's Insurance Marketplace. Virginia's Insurance Marketplace is the only place to apply for financial savings to help lower monthly health insurance costs.

Learn more and apply at www.marketplace.virginia.gov or 1-888-687-1501.

What Does *Plan First* Cover?

- Yearly physical exams for family planning including a PAP test
- 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, rings, patches, IUDs, birth control pills, diaphragms, Depo Provera, and condoms
- Sterilization (tubal ligations and vasectomies)
- Non-Emergency transportation to family planning services, including to pick up a family planning prescription

What Services are <u>Not</u> Covered?

- Non-family planning services such as exams, preventative services, and prescriptions
- 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
- Hysterectomies
- Mammograms
- Infertility treatments
- Abortions
- Emergency transportation -- ground or air ambulance

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

- Contact Virginia's Insurance Marketplace to learn about and enroll in affordable, comprehensive health insurance at www.marketplace.virginia.gov.
- Go to www.findahealthcenter.hrsa.gov or www.vafreeclinics.org/clinics-in-virginia to find a community health center or free clinic near you.
- Contact Cover Virginia at 1-855-242-8282 or your local Department of Social Services (DSS) if you have questions about Medicaid eligibility.

CardinalCare
Virginia's Medicaid Program

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

DMAS
VIRGINIA'S MEDICAID PROGRAM