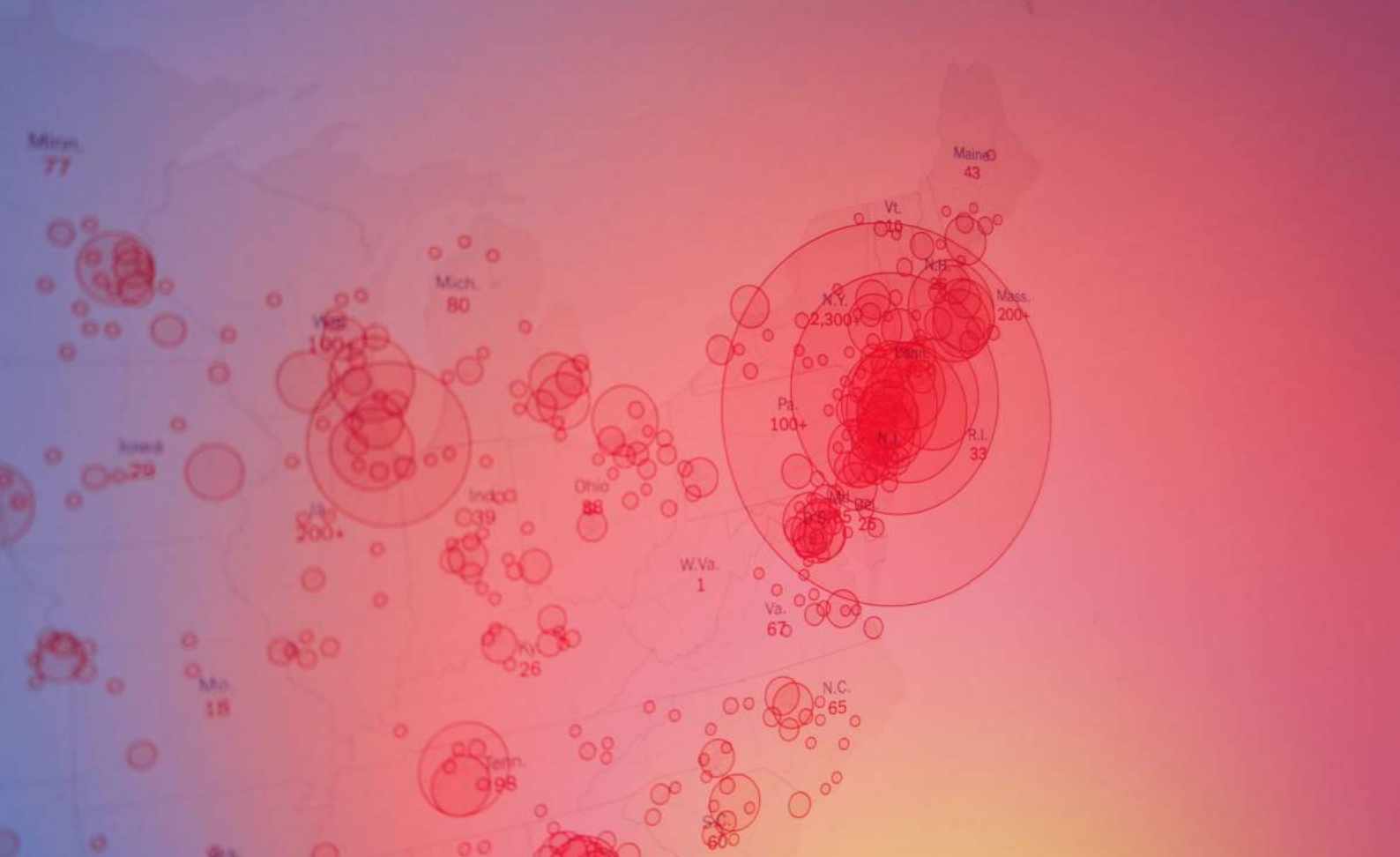




Contraceptive Access in Utah During COVID-19

PREPARED BY: FAMILY PLANNING ELEVATED

801-839-5356 (TEXT OR CALL) | WWW.FPEUTAH.ORG



With the coronavirus pandemic impacting so much of our daily lives and the systems we rely on, many Utahns may be unsure how to get the contraceptive care they need, safely and affordably.

At Family Planning Elevated, we're working directly with community health centers, pharmacies, and policymakers to ensure Utahns can access contraceptive care in their communities. Below, you'll find answers to common questions about where and how to access contraception during this difficult time. For more information, email Family Planning Elevated (hello@FPEUtah.org) or text or call us at **(801) 839-5356**. Visit <https://coronavirus.utah.gov> for the latest updates on the coronavirus in Utah.

1. I lost my job and I don't have health insurance coverage. How can I afford contraception?

Medicaid: Many Utahns may now be eligible for Medicaid, which covers all FDA-approved contraceptives without a copay. You can apply [online](#) or contact [Take Care Utah](#) for assistance with your application.

Family Planning Elevated Contraceptive Access Program:

If you're uninsured but you don't qualify for Medicaid, you may be able to receive contraceptive services and methods free of cost at participating health centers throughout the state. Find more details on our [website](#), or contact us directly at hello@fpeutah.org.

Bedsider BCBenefits Program: BCBenefits offers reimbursement for one contraceptive visit (including remote consultation) and up to a year supply of your chosen contraceptive method. Visit the BCBenefits [website](#) to see if you qualify.

Planned Parenthood of Utah: [Planned Parenthood of Utah](#) is another option for low-cost contraceptive care. Their health centers remain open during the COVID-19 outbreak, but with limited hours. You must call before visiting in person: **1-800-230-PLAN**. Telehealth services are also available if you need to start birth control or refill your prescription. Email Planned Parenthood at callcenter@ppau.org or call **(801) 532-1586**.




2. I need a new prescription for birth control—how can I get one?

There are several options for accessing prescription contraceptives—some right from your home:

Telehealth: In an effort to keep patients and healthcare staff safe, many health centers across Utah are offering family planning telehealth visits to connect patients and providers virtually using a phone, tablet, or computer. Your provider can write a prescription for birth control pills, patch, ring, emergency contraception, diaphragm, or cervical cap that you can pick up at your local pharmacy. Some health centers are able to mail your method directly to you. Contact Family Planning Elevated for help locating a family planning service provider near you.

Mail-order services: There are a number of online services that provide telehealth and mail-order contraceptives. Some of these options have out-of-pocket costs for the initial consultation, and the price of contraceptives varies depending on your insurance coverage. Check out this [overview](#) for more information about each online service option and its cost.

Pharmacy: In 2019, Utah passed legislation allowing pharmacists to dispense contraceptive pills, patches, and rings to clients 18 or older without a prescription. After reviewing your health history and taking your blood pressure, a pharmacist can help you select a method that works well for you. This service is not currently covered through insurance, so out-of-pocket costs may be high, even if your birth control method is covered through insurance. Check [here](#) for a list of participating pharmacies. Note that you may want to call ahead to check that your pharmacy will be open, as some pharmacies have reduced their hours of operation.



3. My life is in major flux right now. Can I get enough packs of birth control to get me through the year?

To start, ask your provider to prescribe a full year's supply of contraceptives (13 packs or 18 packs for continuous cycling). Pharmacies or insurance plans may limit the number that can be dispensed at one time; ask your pharmacist what the maximum amount is for your circumstance.



4. Can I still get an IUD or implant? And what happens if I want it removed?

Many clinics are continuing to offer IUD and implant insertions and removals. If your provider cannot see you for these services, please contact us to find a clinic near you. We are committed to supporting your right to choose to use these methods when you want and your right to choose to stop using these methods when you want.

Is self removal an option?

While we recommend IUD clients schedule an in-clinic visit for IUD removal, some clients may be interested in discussing the option of self-removal with their provider. Learn more [here](#). Implant removals should only be done by an experienced healthcare provider.

Should I use a back-up method if my IUD or implant has expired and I haven't been able to take it out?

You may be surprised to learn that some methods continue to be effective well after their labeled duration, and won't cause harm if they remain in your body. Strong evidence shows that IUDs and implants are highly effective for 1-2 years longer than their FDA-approved length.

	Duration approved by the FDA	Duration shown to be highly effective
Mirena Hormonal IUD	5 Years	7 Years
Liletta Hormonal IUD	6 Years	7 Years
Paragard Copper IUD	10 Years	12 Years
Nexplanon Implant	3 Years	5 Years

If you're approaching these extended time frames and are concerned about your method's effectiveness, you can use other methods with your IUD or implant in place, including contraceptive pills, barrier methods (condoms, diaphragms), and vaginal rings. For support in figuring out removal of your expired IUD or implant, please contact us.



5. What if I need emergency contraception during the pandemic?

Emergency contraception (EC) is birth control you can use after sex to prevent pregnancy. It is sometimes called the “morning after pill.” While EC is used after sex, it is not an abortion pill and will not stop an existing pregnancy.

Levonorgestrel (such as Plan B or Next Choice) is an over-the-counter EC pill that’s available in most pharmacies. Ulipristal acetate (called ella) is another type of EC pill that can be used up to 120 hours (5 days) after unprotected sex and works better to prevent pregnancy than Plan B for patients with higher body mass index (BMI). Unfortunately, unlike Plan B, ella must be prescribed. Consider asking your provider ahead of time for an ella prescription in the event that you need EC during the coronavirus pandemic. You can also purchase EC [online](#) through several mail-order services.

The most effective form of EC is the copper IUD, which is almost 100% effective even 5 days after unprotected sex. If you’re interested in the copper IUD, let your provider know that you want it for EC so you can be scheduled quickly. For help finding a clinic, contact FPE (hello@fpeutah.org). Learn more about [EC](#) here, or check out this [chart](#) for a quick comparison of options.



6. How can I get my next Depo Shot?

Check with your clinic or provider to see what their current protocol is for the shot; many clinics are still providing this service. Your provider may also be able to prescribe you Depo SubQ, a pre-filled syringe designed to be injected just under your skin, which means you can pick it up at the pharmacy and inject it yourself.

If you're concerned because you've gone past your scheduled appointment for the shot, you may be relieved to know that Depo continues to be effective after 12 weeks. Just be sure to receive your next injection within 16 weeks of your last shot to stay protected from pregnancy.

7. What if I need affordable condoms and other safe sex supplies

Condoms can be purchased at most pharmacies and grocery stores, and are available at no cost through [FPE CAP clinics](#). SisterReach, a non-profit based in Tennessee, is mailing free safe sex kits with condoms, dental dams, lube, and emergency contraception. Visit their [website](#) to request your free safe sex kit.



8. I am experiencing an unwanted pregnancy. What are my options?

Currently, options for an unwanted pregnancy are similar to what they were before the pandemic. Individuals can get a surgical abortion or medication abortion (the abortion pill) through Utah's two licensed abortion clinics:

- [Planned Parenthood Metro Health Center: \(801\) 257-6789](#)
- [Wasatch Women's Center: \(801\) 263-2111](#)

Although abortion is legal and available in Utah, patients must complete a consent module at least 72 hours before an abortion (visit the Utah Department of Health website here for more information). If you're struggling to cover the cost of an abortion, funds may be available. Contact the [NAF Hotline Fund](#), the [National Network of Abortion Funds](#), or the [Utah Abortion Fund](#).

Similarly, adoption organizations are continuing to support people wishing to use adoption services. If you need support in navigating adoption, here are some additional resources that may be useful:

- Birth Mother Assistance Website for people wanting information on adoption https://www.birthmotherassistance.com/birth_mother/birth_mother_utah.htm
- Children's Service Society offers counseling for people considering adoption: **801-355-7444**

9. I don't feel safe staying at home with my partner. Where can I get help?

While the state of Utah has issued “stay safe, stay home” orders, we know that some Utahns are not safe at home. If you need help safety planning or relocating, please contact one of the following resources:

- [Utah Domestic Violence Coalition](#)'s LINKLine: **1-800-897-LINK (5465)**. They can help you connect with a service provider in your area.
- [National Domestic Violence Hotline](#): **1-800-799-SAFE (7233)** or [Live Chat](#) with one of their advocates.
- [YWCA Utah](#) has a 24-hour Crisis Line for residents in the Salt Lake area: **801-537-8600** or toll free **855-992-2752**.
- [Rape Recovery Center](#)'s 24-hour crisis line: **801-467-7273**.
- [Utah 2-1-1](#) lists statewide resources available for residents experiencing domestic violence and abuse.



Referenced links:

- Utah Coronavirus Website: <https://coronavirus.utah.gov>
- Utah Department of Health Medicaid Application: <https://medicaid.utah.gov/apply-medicaid/>
- Take Care Utah Medicaid Enrollment Assistance: <https://takecareutah.org>
- Family Planning Elevated Contraceptive Access Program: <https://fpeutah.org/fpe-cap-patients>
- Bedsider BCBenefits: https://www.bedsider.org/where_to_get_it/bcbenefits
- Planned Parenthood of Utah: <https://www.plannedparenthood.org/planned-parenthood-utah>
- Bedsider: How to get birth control delivered right to your door: <https://www.bedsider.org/features/851-how-to-get-birth-control-delivered-right-to-your-door>
- Bedsider: Should you remove your own IUD?: <https://www.bedsider.org/features/958-should-you-remove-your-own-iud>
- Princeton Emergency Contraception Website: <https://ec.princeton.edu/emergency-contraception.html>
- Beyond the Pill Emergency Contraception Chart: <https://beyondthepill.ucsf.edu/sites/beyondthepill.ucsf.edu/files/EC-English-043019.pdf>
- Sister Reach Free Safe Sex Kit: <https://www.sisterreach.org/safesexkit.html>
- Utah Domestic Violence Coalition: <https://www.udvc.org/resources/get-help-now.html>
- National Domestic Violence Hotline: <https://www.thehotline.org/help/>
- National Domestic Violence Hotline Chat: <https://www.thehotline.org/what-is-live-chat/>
- YWCA Safety: <https://www.ywcautah.org/what-we-do/safety/>
- Rape Recovery Center: <https://www.raperecoverycenter.org>
- Utah 2-1-1 Domestic Violence and Abuse: <https://211utah.org/index.php/family-support>
- Planned Parenthood Metro Health Center: <https://www.plannedparenthood.org/health-center/utah/salt-lake-city/84102/metro-health-center-3958-91730>
- Wasatch Women's Center: <http://www.wasatchwomenscenter.net>
- Utah Department of Health Abortion Informed Consent Module: <https://informedconsent.health.utah.gov>
- National Abortion Federation Hotline Fund: <https://prochoice.org/think-youre-pregnant/naf-hotline/>
- National Network of Abortion Funds: <https://abortionfunds.org/need-abortion/>
- Utah Abortion Fund: <https://utabortionfund.org/>
- Birth Mother Assistance: https://www.birthmotherassistance.com/birth_mother/birth_mother_utah.htm