

Free and Low-Cost Birth Control Options

The Affordable Care Act requires public and most private health insurance plans to cover the full range of birth control methods with no out-of-pocket cost. This means that if you have health insurance, you should not have to pay anything for your preferred method of birth control.

If you are on someone else's health insurance and you do not want them to know you are getting birth control, you may be able to request that the services be kept confidential by contacting your health insurance company. Depending on where you live, there may even be state laws that protect your confidentiality.

If you don't have insurance or if your insurance is exempt from covering birth control...

- **Family Planning Clinic Locator:** You may be able to access free or low-cost birth control through a publicly-funded clinic, often run by your city or state health department.
- Your state may have additional insurance or programs for birth control.

Payment Assistance Programs

Most pharmaceutical companies have programs that help patients pay for medications that they cannot afford.

- **DepoProvera** (Progestin Injection): [Pfizer RxPathways](#)
- **IUDs** (Intrauterine Devices):
 - o [Mirena IUD Cost and Insurance Support](#)
 - o [Kyleena IUD Cost and Insurance Support](#)
- **Oral Contraceptive Pills:** Check if your preferred brand of pill has a patient savings program using the manufacturer's website, [drugs.com](#), or [RxAssist](#).
- **Emergency Contraception (EC)**
 - o Progestin EC (Plan B One-Step®, Take Action™, My Way™, Aftera®, and others) is available over the counter, which means you do not need a prescription to purchase it.
 - However, most insurances will cover it at no cost if you have a prescription from a clinician or, in some states, a pharmacist.
 - Some insurance plans will cover it at no cost, without a prescription.
 - You can purchase progestin EC over the counter at pharmacies, convenience stores, and online.
 - Many college campuses, health departments, and clinics have vending machines that sell low-cost progestin EC.
 - o Ulipristale Acetate EC (ella®) requires a prescription. It should be covered by insurance at no cost.
- **Patch:**
 - o [Twirla Patient Savings Program](#)
 - o [Xulane Savings Program](#)
- **Phexxi:** [Phexxi Patient Savings Program](#)
- **Ring:**
 - o [Annovera Patient Assistance Program](#)

Additional Resources:

[Bedsider](#) can help you find a health center or get birth control online.

[GoodRx](#) helps people search for medications by brand, displaying prices and coupons available at multiple pharmacies.

[Free the Pill](#) lists online pharmacies that offer low-cost birth control pills, including information on sites that provide pills for people who do not have a prescription.

[Cost Plus Drugs](#): Offers affordable medication, including birth control.