

DID YOU KNOW...

You can get a full year supply of birth control at the pharmacy



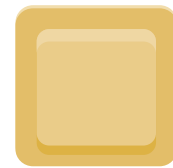
California state law requires health insurance plans to pay for up to a **1 year supply** of the pill, the patch, and the vaginal ring.

Here's How It Works:

- 1 Talk to your provider about which method is best for you
- 2 Your provider will write a prescription for a one year supply and send it to your pharmacy
- 3 Go to your pharmacy and ask for the birth control and for the full one year supply
- 4 Pick up your birth control and store safely!



Birth Control Pills



Birth Control Patch



Vaginal Ring

Other Birth Control Methods



Diaphragm



Sponge



Male Condom



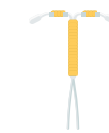
Female Condom



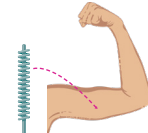
Spermicide



Plastic IUD



Copper IUD



Implant



Birth Control Shot

Emergency contraceptive aka the "morning after pill"

Pills you can take immediately after unprotected sex to help prevent pregnancy.

Over-the-Counter (OTC)*

Plan B®, Next Choice®, My Way®, and others

- Can be taken up to 3 days after unprotected sex

Prescription

Ella® (Ulipristal)

- Can be taken up to 5 days after unprotected sex

Available at some pharmacies without a prescription from your provider. Call your pharmacy to find out.

*OTC emergency contraceptive is not as effective in overweight females (BMI > 25)

Women have many unique health needs. The best way to keep yourself in good health is to schedule regular screenings with your provider.

Screening Recommendations	When	Age 9-19	Age 20-39	Age 40-49	Age 50+
Human papillomavirus vaccine (HPV)	Age 9-14: 2-shot schedule Age 15-26: 3-shot schedule				
Breast cancer exam	Every year				
Breast cancer screening (mammogram)	Every 1-2 years				
Cervical cancer screening (vaginal pap smear)	Age 21-29: Every 3 years Age 30-65: Every 3-5 years				
Sexually transmitted infections (chlamydia, gonorrhea, syphilis, HIV)	Once a year or more frequently (ex: multiple sex partners)				

All sexually active women

If you have any questions or problems getting any of these medications or services, please call San Francisco Health Plan Customer Service at

1(415) 547-7800

SAN FRANCISCO HEALTH PLAN™

