

## ABOUT YOUR VISIT

### Birth Control: Pill, Patch, Ring, Depo-Provera (The Shot)

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Thank you for choosing Planned Parenthood of Michigan (PPMI) for your reproductive and sexual health care. We strive to exceed your expectations by providing high quality, inclusive, nonjudgmental, care. Our goal is to offer care that puts you in the center. We will give you information and support so you can make the best decisions for your health.

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There are many different birth control options to choose from. If you are unsure which option may be right for you, please visit [PlannedParenthood.org](https://PlannedParenthood.org) to learn about the various methods. This will help us better focus your visit to provide the highest quality of care possible. If you are still unsure, no problem! Our trained staff can answer any questions you have.

At this visit, we will talk to you about your desired method of birth control and answer any questions you may have. Although a physical exam is not typically required, a licensed clinician will let you know if any exam or testing is necessary. We can also do sexually transmitted infection (STI) testing if desired or needed.

Planned Parenthood of Michigan carries many types of birth control pills, as well as the Nuva-Ring, Depo-Provera (the shot), and the Caya diaphragm. Planned Parenthood of Michigan does not currently carry the Patch, but we can send a prescription to the pharmacy of your choice to purchase there. If you would rather get your pills, Nuva-Ring, or diaphragm from a pharmacy instead of a PPMI health center, we can send a prescription to the pharmacy of your choice. We can also send a prescription for self-administered Depo-Provera to a pharmacy if you want to avoid the need to get your injections at a health center.

We ask that you do not bring children to your in-person visit. We know that this is sometimes unavoidable, and we will do our best to provide you the care you need while ensuring the safety of you and everyone in our health centers.

We require all people wear a mask while in the health center. You will be screened for COVID symptoms and exposure when you arrive. If you have any symptoms of COVID-19 or a recent high-risk exposure, please cancel and reschedule your appointment when resolved.

#### FEES, PAYMENT, AND INSURANCE

Planned Parenthood accepts many insurance plans, including Michigan Medicaid. We also offer an income-based sliding fee scale for patients. All fees, including co-pays, are due at the time of service.

If you do not have insurance, please visit [www.michigan.gov/mibridges](https://www.michigan.gov/mibridges) to determine if you are eligible for insurance through the State of Michigan.

If using insurance, bring a photo ID and your insurance card to your appointment.

If you have questions regarding what services are covered by your insurance, please contact

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your insurance company. We will bill your insurance for the services you receive where applicable. We do our best to provide the highest quality care to our patients; however your insurance company has the best expertise regarding coverage. Some insurance plan coverage types may require a referral for your visit with Planned Parenthood of Michigan. Please contact your insurance company to determine if your desired service is subject to referral.

**Please call us at 800-230-PLAN (7526) or 734-926-4800 with any questions.**