



How to Get a Free, One-Year Supply of Birth Control Under Vermont Law

Step 1

Contact your health insurance company and ask if your plan covers a free, 12-month supply of prescription birth control. Make sure there is no co-pay and no deductible.

You can say, "I'm calling to ask if my plan is eligible for 12 months of prescription birth control under the Vermont Access to Birth Control Law." If they say yes, ask which methods of birth control are covered. Self-funded or employer-based plans are not eligible. Most Medicaid and BlueCross BlueShield Vermont (BCBSVT) plans provide this benefit. If your BCBSVT plan provides this benefit, ask them to put an "override" on your prescription so you are eligible for a free, 12-month supply.

Step 2

Ask your health provider for a 12-month supply of birth control that you can pick up all at once.

Most people have to visit a doctor at least once a year to get a prescription for birth control. Ask your health provider for a prescription for 12 months of birth control at this visit. Already have a prescription? Ask your provider to write a new prescription for the same number of months until your annual appointment. For example, if your next yearly birth control visit is 9 months away, ask them to write a prescription for 9 months of birth control. Be sure to mention you want to pick it up all at once.

Step 3

Make sure you are not charged at the pharmacy when you pick up your birth control. You should not have to pay a co-pay or deductible.

Here's what to do if the pharmacy says you owe money: (1) Ask them to call your insurance company to "request an override for the prescription." Or (2) Call your insurance company yourself to request an override. Be sure to mention the benefit you have under Vermont's Access to Birth Control Law. Note if your provider is Planned Parenthood of Northern New England (PPNNE), you may be able to pick up your birth control in one visit to PPNNE without a separate trip to a pharmacy.

Is your health provider, insurance company, or pharmacy not following the Vermont Access to Birth Control Law? Please call the Consumer Service Unit within the Insurance Division at the Vermont Department of Financial Regulation to learn more or file a complaint: 802-828-3302.

Questions? Contact PPNNE's Public Affairs program at grassrootsvt@ppnne.org or 802-448-9709.