

BIRTH CONTROL METHODS YOU CAN GET WITHOUT AN IN-PERSON VISIT



METHODS YOU CAN GET FROM YOUR PROVIDER VIA TELEMEDICINE

Many offices are offering video and/or phone call appointments. Call your provider's office and say "I would like a virtual visit for birth control. Can you offer that?"



METHODS YOU CAN GET ONLINE FROM A PROVIDER THAT IS NOT YOURS

Websites and apps that prescribe birth control and emergency contraception after an assessment or consultation. A prescription is mailed to you.



METHODS YOU CAN GET ON YOUR OWN WITHOUT A PRESCRIPTION

These are methods you can buy on your own. You do not need to call your provider or have a consultation to get these methods.

BIRTH CONTROL PILLS



Need Refill: Call your provider's office to send refills to your pharmacy
Starting the Pill: Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy



Options: Nurx, SimpleHealth, GoodRx Care, The Pill Club, Lemonaid, PlushCare, Alpha, BlinkHealth, Wisp, Hers, PRJKT Ruby
To learn more about accessing pills online, see www.freethepill.org



Cannot access on your own

PATCH



Need Refill: Call your provider's office to send refills to your pharmacy
Starting the Patch: Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy



Options: Nurx, SimpleHealth, GoodRx Care, PlushCare, Alpha, BlinkHealth, Lemonaid



Cannot access on your own

VAGINAL RING



Need Refill: Call your provider's office to send refills to your pharmacy
Starting the Ring: Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy



Options: Nurx, SimpleHealth, GoodRx Care, PlushCare, Alpha, BlinkHealth, Lemonaid, The Pill Club



Cannot access on your own

DEPO SUB-Q SELF-INJECTION



Need Refill: Call your provider's office to send refills to your pharmacy
Starting the Shot: Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy



Options: Nurx, PlushCare



Cannot access on your own



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PHEXXI



Call your provider's office and ask them to send a prescription to your pharmacy



Phexxi's website will mail it to you after you complete an assessment and consultation
www.phexxi.com/howtogetphexxi



Cannot access on your own

ELLA



Call your provider's office and ask them to send a prescription to your pharmacy



Options: Nurx, Alpha, SimpleHealth, BlinkHealth, Wisp, PRJKT Ruby



Cannot access on your own

PLAN B



If you would like a prescription for Plan B so that your insurance will pay for it, call your provider's office and ask them to send a prescription to your pharmacy



Options: Nurx, Alpha, SimpleHealth, BlinkHealth, The Pill Club, Wisp



You can get Plan B over the counter (no prescription) online and in person at pharmacies, big box stores, and Amazon

DIAPHRAGM **use with spermicide*



Need Another: Call your provider's office to send a prescription to your pharmacy
Starting the Diaphragm: For the diaphragms that come in different sizes, you must be fitted in-person. The Caya Single Size Diaphragm does not require an in-person visit, but does require a prescription from your provider



App does not exist for diaphragms



Cannot access on your own

CERVICAL CAP **use with spermicide*



Need Another: Call your provider's office to send a prescription to your pharmacy



App does not exist for cervical caps



Cannot access on your own

Starting the Cervical Cap: You can't start the cap without a visit—caps come in different sizes, you must be fitted

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CONDOMS (INTERNAL AND EXTERNAL) **only way to prevent against STIs*



If you would like a prescription for condoms so that your insurance will pay for them, call your provider's office and ask them to send a prescription to your pharmacy



Options: SimpleHealth, GoodRx Care, and The Pill Club



You can get condoms over the counter (no prescription) online and in person at pharmacies, big box stores, Amazon, and at www.condomania.com

FERTILITY AWARENESS METHOD (FAM)



No need to interact with a provider to access



No need to interact with a provider to access. There are numerous apps to help practice fertility awareness



There are different ways to practice fertility awareness and many resources to help you do so effectively
To learn more, see www.plannedparenthood.org/Learn/birth-control/fertility-awareness

SPERMICIDE



No need to interact with a provider to access



App does not exist for spermicide



You can get spermicide over the counter (no prescription) online and in person at pharmacies

SPONGE



No need to interact with a provider to access



App does not exist for the sponge



You can get the sponge over the counter (no prescription) online and in person at pharmacies and at www.todaysponge.com