

A NEW WAY TO GET BIRTH CONTROL!

In the US, teens need a prescription from their doctor to get self-administered hormonal birth control (like the pill, patch, ring or shot). That is all changing in California! A new law passed that will allow women of all ages (including you!) to get birth control directly from you pharmacist. This is called "pharmacy access."

HOW DOES PHARMACY ACCESS WORK?

It is kind of like getting a shot at the pharmacy. You fill out a short screening questionnaire to make sure it is safe for you to take birth control and the pharmacist will take your blood pressure. If your health screening looks okay, you and the pharmacist will review your birth control options and decide what will work best for you. The pharmacist will write you a prescription and you are good to go!

If the pharmacist finds something on your health screening that would make it unsafe for you to take birth control they can send you to a doctor who can help! They can also give you advice on non-hormonal methods.

WHO CAN USE PHARMACY ACCESS TO GET BIRTH CONTROL?

You! The law allows women, regardless of age, to get their birth control directly from the pharmacist. You do not need to have insurance or provide any documentation.

HOW MUCH WILL THIS COST?

There will probably be a small service fee you pay for the health screening plus the cost of the medication. But... here is the best part, the medication can be billed under your insurance just like a normal prescription!

WHAT KINDS OF BIRTH CONTROL CAN I GET WITH PHARMACY ACCESS?

Several kinds! You can choose a method that works best for you. You can choose between the pill, the patch, the ring, or the shot! You can also get emergency contraception (like Plan B) from the pharmacist.

DO I HAVE TO BRING A PARENT OR GUARDIAN WITH ME? ARE YOU GOING TO TELL THEM I GOT BIRTH CONTROL AT THE PHARMACY?

Nope! In California you can seek care for your sexual health without telling your parents. Afterwards, the pharmacist is legally not allowed to discuss your birth control choices with your parents.

HOWEVER, if you are under your parents insurance, the insurance company might send your parents documents about what you got from the pharmacy. To be safe, consider filling out a "confidential communication request" for your insurance company. See www.myhealthmyinfo.org for more information and a copy of the form!

HOW DO I KNOW WHICH BIRTH CONTROL IS RIGHT FOR ME?

Your pharmacist can answer any questions you might have about different methods of birth control. You can also get a head start doing research online at these valuable websites. Both sites include information about each method and its pros and cons. The Planned Parenthood website even has a quiz to help you decide which method might work best for you! If you want to hear from others using each method, check out the Bedsider website! It includes videos for each method of different girl's opinions on what they are like. There are even some videos of guys talking about which method their partner uses! Check out www.plannedparenthood.org/teens and www.bedsider.org.

OKAY, I HAVE MY BIRTH CONTROL. NOW WHAT?

On the www.bedsider.org website, you can sign up for text alert reminders for when to take your pill, change your patch or ring, or you need your next appointment with your doctor or pharmacist for refills! Remember, birth control only works when you use it!