

Where can I find more information on reproductive health care?

Almost all family planning clinics offer free outreach and education programs on reproductive health care topics such as birth control, sexually transmitted infections (STI's), and other reproductive health care issues.

For more information on these services and programs, please contact one of the family planning clinics in your county.

New York State offers a FREE program!

Family Planning Benefits Training

This free program provides education and outreach on family planning programs and services. Providers and their staff, health care workers, community resource personnel, DSS staff, health care insurance staff, and consumers are invited to learn more about accessing family planning services under NYS public health insurance programs.

For more information, to set up a program at your location, or to receive free information and materials, please call:

**Family Planning Services Trainer
Central and Western New York
Phone: (585) 546-2771, Ext 343
familyplanning@pprsr.org**



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Are you thinking about birth control?

Family

Planning

Services

in the

Finger Lakes

Region

What is family planning?

Family planning is more than planning families! Confidential care is available for women, men, and teens. Family planning services include:

- Birth control options
- Clinical exams
- Reproductive health care counseling
- Pregnancy tests
- Testing and treatment for sexually transmitted infections (STI's)
- HIV counseling and testing
- Emergency contraception

For more information on these services, talk to your health care provider.

What method is best for me?

There are many choices! Talk to your health care provider about what method might be best for you:

- Abstinence
- Natural Family Planning

Barrier Methods

- Male/Female Condoms
- Spermicide
- Diaphragm

Hormonal Methods

- Birth Control Pill
- Birth Control Patch
- NuvaRing
- Depo-Provera

Also

- IUD's
- Emergency Contraception
- Sterilization

Where can I learn more about birth control?

At your local family planning clinic, or try these helpful websites:

<http://www.fda.gov>

<http://www.medlineplus.gov>

<http://www.plannedparenthood.org>

<http://www.familyplanningcenter.org>

Where can I go for confidential family planning services?

Most family practices and OB/GYN offices, as well as many local family planning clinics offer confidential services. Family planning clinics in the Finger Lakes area include:

Allegany County:

Health Department-Alfred, Belmont, Friendship, Wellsville
(585) 268-9250

Chemung County:

Planned Parenthood-Elmira
(607) 734-3313

Livingston County:

Health Department-Avon
(585) 226-3888

Health Department-Dansville
(585) 335-8570

Health Department-Mt. Morris
(585) 243-7540

Monroe County:

Planned Parenthood-Rochester & Greece
Toll Free: 1 (866) 600-6886

Highland Family Planning
(585) 279-4890

Threshold Center for Alternative Youth Services: (585) 454-7530

Ontario County:

Planned Parenthood-Canandaigua
Toll Free: 1 (866) 600-6886

Family Planning Center-Geneva
(315) 789-2410

Schuyler County:

Planned Parenthood-Watkins Glen
(607) 535-0030

Seneca County:

East Hill Family Medical-Waterloo
(315) 539-0580



Steuben County:

Planned Parenthood-Corning
(607) 962-4686

Planned Parenthood-Hornell
(607) 324-1124

Family Planning Center-Bath
(607) 776-3063

Wayne County:

East Hill Family Medical-North Rose
(315) 587-0003

Planned Parenthood-Newark
Toll Free: 1 (866) 600-6886

Wyoming County:

Health Department-Attica, Warsaw
Toll Free: 1 (800) 419-4177

Yates County:

Family Planning Center- Penn Yan and Keuka College: (315) 536-2752

How can I pay for services?

Nearly all family planning clinics, providers, and pharmacies accept many different insurances as payment for services and birth control methods. Many clinics offer a sliding fee scale, based on income, to patients who are not able to afford services.

Family Planning Insurance Programs

In addition, NYS Medicaid offers qualified residents programs designed to help people access to family planning services. Nearly all family planning clinics enroll patients into these programs right at their clinic locations!

Family Planning Benefit Program: Provides coverage for family planning services to men and women with net incomes at or below 200% of the poverty level. This includes teens!

For info: 1 (800) 541-2831, Ext 3-2160

Family Planning Extension Program: Uninsured women who lost Medicaid coverage when a pregnancy ends receive family planning services for up to two years after their Medicaid coverage ends.

For information: 1 (800) 522-5006

For more information about these and other public health insurance programs, please visit the NYSDOH website:

<http://www.health.state.ny.us>