

How can I pay for services?

Family planning clinics, providers, and pharmacies may 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 need financial assistance.

NYS Family Planning 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 federal poverty level. This includes teens!

Family Planning Extension Program:

Women who lose Medicaid coverage when a pregnancy ends receive free family planning services for up to two years!

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

Where can I find more information?

Family planning clinics offer free outreach and education programs on 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 **FREE assistance!**

FAMILY PLANNING SERVICES TRAINING AND SUPPORT

This free program provides education and outreach on family planning programs and services. Providers and their staff, health care workers, community resource personnel, DHS 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:

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Family Planning Services In the Finger Lakes Region



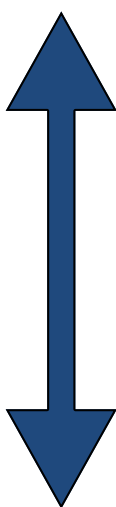
What is family planning?

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

- Birth control options including abstinence
- Well women screening including PAP tests and breast exams
- Pregnancy tests & pregnancy options counseling
- 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.

How effective are different birth control methods?

No Pregnancies		<ul style="list-style-type: none"> • Abstinence
Fewer than 1 pregnancy per 100 women in one year		<ul style="list-style-type: none"> • Implants • Injections • Intrauterine devices • Sterilization
10-20 pregnancies per 100 women in one year		<ul style="list-style-type: none"> • Birth control pills • Skin patch • Vaginal ring with hormones
85 or more pregnancies per 100 women in one year		<ul style="list-style-type: none"> • Condoms • Diaphragm • No sex during the most fertile days of the monthly cycle • Spermicide • Withdrawal
	More Pregnancies	<ul style="list-style-type: none"> • No birth control

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 these services. Family planning clinics in the greater Finger Lakes area include:

Allegany County

Health Department- **Alfred, Belmont & Wellsville**—(585) 268-9250

Cayuga County

East Hill Family Medical -
Auburn—(315) 253-8477
Finger Lakes Community Health-
Port Byron—(315) 776-9700

Chemung County

Planned Parenthood Southern Finger Lakes-
Elmira—(607) 734-3313

Genesee County

Planned Parenthood Roch/Syr Region-
Batavia-Toll Free: 1 (866) 600-6886

Livingston County

Health Department- **SUNY Geneseo & Avon** - (585) 226-3888
Dansville - (585) 335-8570
Mt. Morris -(585) 243-7540

Monroe County

Planned Parenthood Roch/Syr Region-
Rochester & Greece-
Toll Free: 1 (866) 600-6886
Highland Family Planning -
Rochester & Irondequoit—(585) 279-4890
Threshold Center - (ages 12-25)
Rochester—(585) 454-7530

Ontario County

Planned Parenthood Roch/Syr Region-
Canandaigua-Toll Free: 1 (866) 600-6886
Finger Lakes Community Health—**Geneva**
(315) 781-8448

Schuyler County

Planned Parenthood **SFL -Watkins Glen**
(607) 535-0030

Seneca County

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

Steuben County

Planned Parenthood S Fin Lakes-**Corning**
(607) 962-4686
Planned Parenthood S Fin Lakes-**Hornell**
(607) 324-1124
Finger Lakes Community Health-**Bath**
(607) 776-3063

Wayne County

East Hill Family Medical –
North Rose - (315) 587-0004
Finger Lakes Community Health -
Sodus—(315) 483-1199

Wyoming County

Health Department-**Attica, Silver Springs**
Toll Free: 1 (800) 466-1191

Yates County

Finger Lakes Community Health-
Penn Yan—(315) 536-2752
Also: **Keuka College**

*For other family planning clinic locations,
please call: 1 (800) 522-5006*

or refer to the website:

<http://www.nyhealth.gov>