



Department of Medical Assistance Services
 600 East Broad Street, Suite 1300
 Richmond, Virginia 23219
<http://dmasva.dmas.virginia.gov>

Plan First

Virginia's Family Planning Health Insurance
 For Men and Women

This form is for information purposes only.

In order for Plan First eligibility to be decided you must turn in an application to your local department of social services (LDSS).

What is Plan First?	A program that pays for birth control and family planning services for men and women.
Who is Eligible?	<p>Persons must:</p> <ul style="list-style-type: none"> • Meet the income requirements (posted online at www.planfirst.org); • Be a resident of Virginia; and • Be a citizen or an alien eligible for Plan First coverage.
How Do I Enroll?	<ul style="list-style-type: none"> • A Plan First application or an Application for Benefits is required. • Applications are available on the web at www.planfirst.org and www.dss.virginia.gov, also at the local Department of Social Services (LDSS) and local Health Department clinics. • Completed applications need to be turned in to your LDSS. Mail-in applications are accepted; Plan First does not need a face-to-face interview. <p>Each year, you must complete a Plan First renewal to continue your enrollment. If you have questions or need help with completing your Plan First application, contact your LDSS. Please note that you will receive only one permanent Commonwealth of Virginia health insurance card.</p>
What Services are Covered through Plan First**?	<ul style="list-style-type: none"> • Annual family planning exams; • Cervical cancer screening for women; • Sexually transmitted infection (STI) testing; • Lab services for family planning and STI testing; • Family planning education, counseling and preconception health • Sterilization procedures**; • Transportation to a family planning service; and <ul style="list-style-type: none"> • Most Food and Drug Administration (FDA) approved prescription and over-the-counter contraceptives (including emergency contraception)***. <p><i>*Services must be for preventing a pregnancy. Exact services are posted online at www.planfirst.org.</i></p> <p><i>**Sterilization Consent Form for sterilization procedures must be signed at least 30 days prior to the surgery being performed.</i></p> <p><i>***Over-the-counter contraceptives require prescription to be covered.</i></p>
What Does Plan First not Cover?	<ul style="list-style-type: none"> • Performance of, counseling for, or recommendations of abortions; • Infertility treatments; • Performance of a hysterectomy or partial hysterectomy; • Treatment services to a family planning visit; <ul style="list-style-type: none"> • Repeat PAPs due to abnormal results; • Annual exams if they are not performed in a family planning visit; and • Services not covered by Plan First. (Please visit www.planfirst.org for list of specific services covered.)
What if Plan First does not cover what I need?	To obtain a list of primary care providers in your area who may provide treatment for medical conditions not covered by Plan First, call the Virginia Information and Referral line at "2-1-1" or visit online at www.211virginia.org .