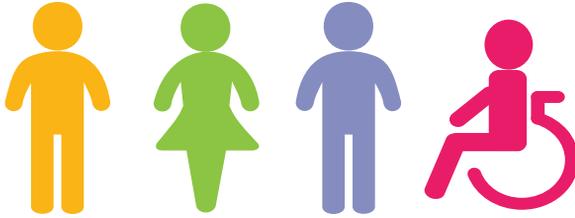




PREGNANCY

**Know your options,
get the facts.**



Everyone is entitled to accurate, culturally competent, and non-judgmental comprehensive family planning services **without feeling pressured or shamed by the provider.** Best clinical practices from over 35 expert professional organizations were combined to create national guidelines which outline standards of care for family planning providers. These guidelines, known as Providing Quality Family Planning Services (QFP), make it clear that you deserve all the information you need to decide if you are ready for pregnancy.

Services are available through the NYS Family Planning Program and/or your insurance. Don't have insurance? You can go to New York State of Health, nystateofhealth.ny.gov, to find affordable insurance options for you or you can ask a family planning provider for help.

Think You Might Be Pregnant?

You have choices and are entitled to complete information about all of your options **without assumptions of your identity or family, feeling pressured or shamed by the provider.**

Prenatal Care

Want to continue your pregnancy to parent or for adoption? Get into prenatal care as soon as possible to make sure you and your pregnancy are healthy. Prenatal care providers will monitor your health and the development of your pregnancy, including screening for conditions that might impact your pregnancy or health. Prenatal care is available through your insurance or through expanded Medicaid coverage. If you don't have a prenatal care provider you can go to a NYS Family Planning Program provider, ask your insurance company, or call the Growing Up Healthy Hotline at 1-800-522-5006 for more information.

Parenting

Are you ready to be a parent? New York State has services to support you and your growing family. Call the Growing Up Healthy Hotline at 1-800-522-5006 for more information and services that may be available to you. You might qualify for:

- Maternal infant home visitors who can give you support during and after your pregnancy.
- The Special Supplemental Nutrition Program for Women Infants and Children (WIC) will provide you and your baby access to healthy food, breastfeeding support and nutrition counseling.
- Health insurance through New York State of Health, nystateofhealth.ny.gov.
- Quality, affordable child care available through the Office of Children and Family Services (OCFS).

Adoption Services

If you are considering adoption, you can talk to your NYS Family Planning Program provider, prenatal care provider, or get more information from OCFS.

Abortion Services

You can end a pregnancy with a safe and legal abortion in New York. Talk to a quality family planning provider about the best option for you. This can include:

- **In-clinic abortions:** These are safe, outpatient procedures, meaning that you don't have to stay overnight, that are performed by a licensed health care provider.
- **Medication abortions:** If you are less than 10 weeks pregnant, a medication abortion may be an option for you. This means a health care provider gives you medicine at an office visit and then allows you to go home with more medicine to end the pregnancy.

Insurance, including Medicaid, covers abortion services so that cost is not a barrier. If you don't have a health care provider, you can talk to a NYS Family Planning Program provider near you.

Not Pregnant?

Depending on if and when you want to be pregnant a quality family provider will work with you to help you choose which services you need. This can include:

Birth Control

If you do not want to get pregnant talk to a licensed health care provider about birth control that meets your lifestyle needs. All approved methods are covered by insurance in NYS and available through the NYS Family Planning Program. Options include:

- **Hormonal options:** These are medicines, which when taken as directed, are very effective at preventing pregnancy. This includes birth control pills, patches, rings, and shots.

- **Long-Acting Reversible Contraception (LARC):** These can be hormonal or non-hormonal but are placed by a licensed health care provider and can last between 3 and 12 years depending on your lifestyle needs. These options include both Intrauterine Devices (IUDs), inserted into the uterus, and implants which are placed in your arm
- **Over-the-Counter options:** These include condoms, which are covered by insurance. Condoms are the only birth control method that can protect you from sexually transmitted diseases and should always be used with another birth control option. Emergency contraception is also available over-the-counter. Emergency contraception can help prevent a pregnancy if taken within the first 48 to 72 hours after unprotected sex.

Preconception Care

Want to become pregnant? If so, tell your health care provider you want to be pregnant. If this is your choice, this decision should be supported. A quality family planning provider will help you be as healthy as possible before you get pregnant and make sure you know about all the resources available to have a safe and healthy pregnancy. Talk to your health care provider about what you need to do to be as healthy as possible for you to start a pregnancy.

Infertility Services

If you are experiencing difficulty getting pregnant, tell your provider so you can talk about infertility services available to you through the NYS Family Planning Program and/or your insurance. Quality family planning providers will support your decision to be a parent.

LGBT Family Planning

For LGBT people and couples hoping to create families with the assistance of fertility treatments, family planning providers can assist with initial screening and referrals to specialty providers based on the families' needs.

Where You Get Care Matters

You are entitled to get your health care information and services from quality health care providers. Make sure your provider is offering high quality services:

- **Quality Family Planning Providers** will offer information about birth control, abortion, prenatal care, parenting and adoption without pressure or bias.
- **Quality Family Planning Providers** will have high standards of care as required in the NYS Family Planning Program and provide the most up to date scientifically-proven reproductive health services available without making you feel pressured.
- **Quality Family Planning Providers** will be licensed to provide services in NYS and be able to tell you what kind of license they have. Health care providers that are licensed to care for women and deliver family planning services include:

Obstetricians (OB)

Doctors who have special training in women's health, pregnancy and childbirth.

Licensed Midwives

Licensed Midwives are professionals who have special training in family planning, prenatal care and childbirth. Licensed midwives can take excellent care of women who have uncomplicated pregnancies. If a problem arises, or you have special needs, a midwife will refer you to an obstetrician.

Family Practice Doctors

Family practice doctors have special training in family health care. You may already be seeing a family practice doctor for your care. Some family practice doctors provide family planning services and also take care of women who have uncomplicated pregnancies and can handle many common complications. If you would like to also see this doctor for your pregnancy, ask whether they take care of pregnant women. If a problem arises, or you have special needs, the family practice doctor will refer you to an obstetrician.

Nurse - Nurse Practitioner (NP) or Physician Assistant (PA)

Nurse Practitioner or Physician Assistant professionals who, at some clinics, may provide some of your routine prenatal care in addition to seeing a doctor or midwife. These health care professionals are trained to provide prenatal care.

Not sure if your provider is licensed in NYS?

See if they participate in the NYS Family Planning Program or your insurance plan.

The NYS Family Planning Program provides comprehensive, confidential family planning and reproductive health care services to everyone regardless of ability to pay or immigration status. If a client does not have insurance coverage, a sliding fee scale based on the client's income is used to determine if a fee will be charged. The NYS Family Planning Program ensures a high standard of care for all clients, offering services that are comprehensive, timely, affordable, evidence-based, voluntary, confidential and respectful.

