

MDHHS, in partnership with the Office of Governor Gretchen Whitmer, is making birth control and sexually transmitted infection (STI) prevention supplies available for free across the state of Michigan. No matter your relationship status or personal choices, access to contraception empowers individuals to make informed decisions about their reproductive health and keeps people healthy. Find more information at Michigan.gov/TakeControl.

Free to the public, take what you need

Over-the-counter (OTC) oral contraceptive pills, emergency contraception (EC), individually wrapped condoms and free resources on family planning services and health insurance coverage are available. *First come, first served while supplies last.*

OTC Oral Contraception

You don't need a prescription for OTC oral contraception. It's a progestin-only pill, which is safe for many and 98% effective when used correctly. OTC oral contraception does not protect against STIs.



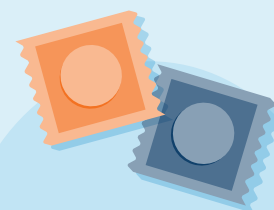
Emergency Contraception

EC helps prevent pregnancy before it starts. It is not the abortion pill and won't affect an existing pregnancy. It can be used up to three to five days after unprotected sex depending on the formulation.* EC does not protect against STIs.



Condoms

Condoms are a form of contraception that protects you from both pregnancy and STIs. They are highly effective tools for safe sex when used correctly.



**Read EC package insert for detailed instructions.*

Health Insurance Coverage

While connecting residents to free birth control and STI prevention is a critical first step to promoting access to care, ensuring continued access to services is a vital next step for both women and men for their reproductive health. The availability of insurance is paramount in the choice of contraceptives, STI prevention and treatment, and other reproductive health choices. [Learn more about insurance coverage for contraception.](#)



Plan First

Plan First is a limited Medicaid benefit for family planning services. It is available to Michigan residents of any age or gender who meet monthly income requirements. It covers a range of family planning services including office visits, birth control, cancer screenings, and STI testing and treatment. Scan the QR code or visit Michigan.gov/PlanFirst for more information.

