



STATE OF MICHIGAN

DEPARTMENT OF COMMUNITY HEALTH
LANSING

JENNIFER M. GRANHOLM
GOVERNOR

JANET OLSZEWSKI
DIRECTOR

April 2008

Dear Providers:

Michigan Department of Community Health is pleased to share information that can enhance your practice and provide opportunities for your female patients to have their family planning needs covered through an insurance benefit.

A new clinical guideline for preventing unintended pregnancy in adults has been jointly developed and released by a statewide 40-member Provider Task Force as part of the Governor's Blueprint for Preventing Unintended Pregnancies, in collaboration with the Michigan Quality Improvement Consortium (MQIC).

Prevention of Unintended Pregnancy in Adults 18 Years and Older gives talking points for doctors and other providers when counseling patients on their plans to prevent unplanned or unwanted pregnancy. Patient and provider education materials also are included. The guideline was built from several evidence-based sources, including 2006 Centers for Disease Control and Prevention (CDC) recommendations. Developed in a public-private partnership, it may be the first such clinical guideline in the U.S.

In Michigan, about 4 in every 10 pregnancies are mistimed or unwanted at the time of conception. Preventing unintended pregnancies will reduce infant mortality and abortion, as well as increase opportunities for healthy pregnancies and births when the time is right. Every \$1 in family planning saves \$3 in medical costs.

PLAN FIRST!

Among other resources, the new clinical guideline helps to connect uninsured women up to 185% of the federal poverty level with family planning services through *Plan First!*, Michigan's Medicaid waiver program.

As a healthcare provider, we are encouraging you to share information about this program with your patients or clients. *Plan First!* provides family planning services, as well as breast and cervical cancer screening, and other preventative family planning services to under or uninsured women ages 19-44, who otherwise would not have medical coverage for these services. Service coverage for *Plan First!* is limited.

Examples of covered and non-covered services are:

Covered Services

- Office visits for family planning, including pap smears and breast exams
- Contraceptives
- Initial treatment of Sexually Transmitted Infections (STI)s, when detected during a family planning visit
- Tubal ligations
- Some laboratory tests related to family planning

Non-covered Services

- Office visits for reasons other than family planning
- Non-family planning medications
- On-going treatment for STIs or re-occurring STIs.
- Hysterectomies
- Contraceptives for reasons other than family planning

To request additional brochures, or for more information on *Plan First!*, call 1-800-642-3195, or access the Plan First website at www.michigan.gov/mdch. Women can apply using the internet application at www.healthcare4mi.org. The new clinical guideline is available at www.mqic.org. Patient and provider education tools are downloadable through an online link to Michigan Department of Community Health at www.michigan.gov/mdch, click on Michigan's First Surgeon General.

By incorporating the clinical guidelines for preventing unintended pregnancies and informing women of a family planning insurance benefit, you have the opportunity to provide women of Michigan the knowledge and resources to make family planning choices.

For further information call Provider Support at 1-800-292-2550, or e-mail at ProviderSupport@michigan.gov.

Sincerely,

A handwritten signature in black ink that reads "Paul Reinhart". The signature is written in a cursive, flowing style.

Paul Reinhart, Director
Medical Services Administration

Attachments

WHAT KIND OF INFORMATION DO I NEED TO PROVIDE?

You need information about the following to apply:

- ◆ Income
- ◆ Social Security number
- ◆ Age
- ◆ Marital status
- ◆ Medical insurance (if you have other insurance)
- ◆ Living arrangements
- ◆ Proof of citizenship and identity

HOW DO I FIND OUT MORE ABOUT OTHER MEDICAID PROGRAMS?

For more information about other programs contact one of these agencies:

- ◆ Your local DHS office
- ◆ Your local health department



FOR MORE INFORMATION CONTACT:

PLAN FIRST!

Family Planning Program

PO Box 30412
Lansing, Michigan 48909
1-800-642-3195 (toll-free)
TTY 1-866-501-5656
www.michigan.gov/mdch

*Michigan Department
of Community Health*



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Janet Olszewski, Director

For questions and/or problems, or help to translate, call the Beneficiary Help Line at 1-800-642-3195 (TTY 1-866-501-5656).
Spanish: Si necesita ayuda para traducir o entender este texto, por favor llame al telefono **1-800-642-3195** (TTY 1-866-501-5656)
Arabic: 1-800-642-3195 (TTY 1-866-501-5656)

إذا كان لديكم أي سؤال، يرجى الإتصال بخط المساعدة على الرقم المجاني ١-٨٠٠-٦٤٢-٣١٩٥

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PLAN FIRST!

Free family planning services



Family planning helps you decide when to have a baby. This helps you and your babies stay healthy.

Family planning is more than just birth control. Family planning includes screening services that help find serious health problems, such as low blood iron, high blood pressure, and infections sooner.

WHAT'S COVERED?

- ◆ Office visits for family planning-related services
- ◆ Prescriptions for birth control
- ◆ Contraceptive (birth control) supplies and devices
- ◆ Lab tests
- ◆ Treatment of sexually transmitted infections
- ◆ Some sterilizations for women 21 years of age and older

Coverage for abortions and infertility are not covered under this program.



WHO IS ELIGIBLE?

“Plan First!” will provide services to women who:

- ◆ Are age 19 through 44 years
- ◆ Are US citizens or qualified immigrants
- ◆ Are Michigan residents
- ◆ Meet monthly family income limits
- ◆ Have a Social Security number or have applied for one
- ◆ Are not receiving Medicaid

HOW DO I GET MORE INFORMATION ABOUT PLAN FIRST! OR GET HELP APPLYING?

- ◆ For information or to get an application
 - Go to your local Department of Human Services (DHS) or Health Department
 - Call 1-800-642-3195
 - Go to the Michigan Department of Community Health web page - www.michigan.gov/mdch

This new program was approved for up to five years, beginning in July 2006.

HOW DO I APPLY FOR PLAN FIRST?

You must submit a signed application. You can authorize someone to act for you. You can apply for these benefits at your local Department of Human Services (DHS) or by mail. In addition, a number of community agencies, such as your local health department, offer help in applying for the “Plan First!” family planning program. You can print an application from our web site - www.michigan.gov/mdch, or apply online at - www.healthcare4mi.org.

Once you have filled out and signed your application, mail to:

Plan First!
PO Box 30412
Lansing, MI 48909





Michigan Quality Improvement Consortium Guideline

Prevention of Unintended Pregnancy in Adults 18 Years and Older

The following guideline recommends specific interventions for assessing and counseling to lower the risk of unintended pregnancies.

Eligible Population	Key Components	Recommendation and Level of Evidence	Frequency
Males and Females	Assessment for risk of unintended pregnancy	<p>Ask about:</p> <ul style="list-style-type: none"> ◆ Sexual activity/involvement, past pregnancy and outcome ◆ Abuse (e.g. Were you pressured or forced to have sex when you did not want to?) ◆ Consistent use of birth control or protection (e.g. Does it ever happen that you have sex without using birth control or protection?) <ul style="list-style-type: none"> - If contraception is used, assess type ◆ Intent to become pregnant or father a child (e.g. Are you trying to get pregnant? Are you trying to father a child?) <p>If currently pregnant discuss postpartum contraception.</p>	At annual health exam; more frequently at the discretion of the health care provider [D]
	Interventions to prevent unintended pregnancies	<p>Advise and discuss:</p> <ul style="list-style-type: none"> ◆ Patient's risk of pregnancy or contributing to an unintended pregnancy ◆ Risks and adverse outcomes associated with unintended pregnancies <p>Assess:</p> <ul style="list-style-type: none"> ◆ Patient's understanding of risks and readiness to make behavior changes. <p>Assist patients in preventing unintended pregnancy by:</p> <ul style="list-style-type: none"> ◆ Discussing all contraceptive methods [B] ◆ Offering prescriptions ◆ Encouraging consistent latex condom use for sexually transmitted infection prevention [B] ◆ Referring to primary care provider, local health department, family planning clinic, Plan First, federally qualified health center or hotline <p>Arrange follow-up</p>	

Levels of Evidence for the most significant recommendations: A = randomized controlled trials; B = controlled trials, no randomization; C = observational studies; D = opinion of expert panel

This guideline lists core management steps. It is based on several sources including the Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report: Recommendations to Improve Preconception Health and Health Care - United States, 06-Apr-2006; 55 (RR-6), (www.cdc.gov). Individual patient considerations and advances in medical science may supersede or modify these recommendations.