



Free contraceptives available locally through statewide Take Control of Your Birth Control campaign

Public Health Bulletin for Health Care Providers – November 2024

Dear colleagues,

We know that empowering patients to make informed choices about their reproductive health is essential to their overall well-being. Access to a range of comprehensive family planning services and resources supports individuals in making personal decisions aligned with their health goals and life plans.

The Take Control of Your Birth Control campaign this November is designed to enhance access to these services across Michigan, equipping residents with tools, education and information to proactively manage reproductive health. Through this campaign, the goal is to ensure all Michiganders have convenient access to family planning resources. We also encourage you to connect patients with the [Plan First](#) limited Medicaid benefit and to utilize the materials provided in this bulletin to expand outreach, awareness and engagement.

We appreciate your support in sharing these resources with your patients. Here are key points to guide your efforts:

- **Inform patients about the free contraceptive supplies locally available throughout November (while supplies last):** Please encourage those who may benefit from free contraceptive supplies to access them through our participating community partners, including local health departments and local MDHHS offices.
- **Offer guidance on contraceptive options and family planning:** This is an ideal opportunity to discuss contraceptive options and the importance of family planning, particularly for individuals who may have limited access to these resources.

- **Share information on insurance options, including Medicaid and the Plan First program:** Inform uninsured or underinsured patients about the Plan First Medicaid benefit, which offers family planning services, including contraception and STI testing and treatment, for eligible individuals.

For more information on the Take Control of Your Birth Control campaign, including a distribution site map, please direct patients and providers to Michigan.gov/takecontrol.

Together, we can support our communities in achieving greater health autonomy and equity in reproductive health care.

Thank you for your continued partnership,

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How to Apply for Plan First

Michigan residents can apply for the Plan First program by:

- Applying online at Michigan.gov/mibridges.
- Calling 855-789-5610.
- Visiting a local MDHHS county office.

Provider Resources

You can find Take Control of Your Birth Control campaign resources, including social media content, downloadable flyers and a map of distribution sites at Michigan.gov/takecontrol. These materials are designed to support outreach efforts and to help patients access family planning services, supplies and information, including insurance options.

Additionally, you can refer patients in need of low or no cost family planning services to a Michigan Family Planning Program Clinic [in their community](#).