

Birth Control

from anywhere!

Did you know you can get a birth control prescription through a phone or video appointment? **aka "telehealth"!**

How does it work?

Call a clinic and ask for a phone or video appointment. They will tell you what's available, and how to do it.



Where do I get my prescription?

Ask if the clinic can mail it to you, or pick it up at a pharmacy.

What if I need a new doctor?

[Use this website](#) to find a nearby clinic offering contraception:



Which methods can I get without going to a clinic?



Condoms

also at drugstores
& websites like Amazon



Pill



Patch



Ring



Plan B



DIY Shot

Birth Control *Online!*

Did you know you can get birth control through an **online company**?

How does it work?

- Answer some questions about your health online, and then a doctor will review your information.
- They might ask for your blood pressure, which you can check at a pharmacy.

Can I get help choosing a birth control method?

Yes! You can get help from a licensed healthcare provider.

How do I find a company?

- There are many online companies.
- They vary in cost, whether they take insurance, the methods they offer, and the states they serve.

[Use this website](#) to search for a company that delivers to your area:



Cost?

It depends on the company. With insurance, your birth control could be free. Without insurance, a pack of pills could be as low as \$7.

Some companies may charge a yearly service fee of about \$20.



Which methods do online companies offer?



Condoms

*also at drugstores
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Plan B



DIY Shot