

Plan First

Virginia's Limited Benefit Family Planning Coverage for Men and Women



What is *Plan First*?

Plan First is Virginia's limited-benefit Medicaid program that provides free family planning services to women and men who do not qualify for full-benefit Medicaid. Members are mailed a *Plan First* ID card with their name and ID number on it. This card must be shown to the doctor, clinic, or pharmacy before receiving care. **Only family planning services will be covered.**

What Does *Plan First* Cover?

- Yearly physical exams for family planning including a PAP test
- Sexually Transmitted Infection (STI) testing
- Family planning education & counseling
- Birth control methods provided by a doctor or obtained with a prescription such as contraceptive implants, rings, patches, IUDs, birth control pills, diaphragms, Depo Provera, and condoms
- Sterilization (tubal ligations and vasectomies)
- Non-Emergency transportation to family planning services, including to pick up a family planning prescription

What Services are Not Covered?

- Non-family planning services such as exams, preventative services, and prescriptions
- Treatment for medical problems, including STIs or other reproductive health problems
- Repeat PAP tests due to a problem or PAP tests for women who do not need birth control
- Hysterectomies
- Mammograms
- Infertility treatments
- Abortions
- Emergency transportation -- ground or air ambulance

Plan First members may also be eligible for affordable, high-quality health insurance with comprehensive coverage through Virginia's Insurance Marketplace. Virginia's Insurance Marketplace is the only place to apply for financial savings to help lower monthly health insurance costs.

Learn more and apply at marketplace.virginia.gov or 1-888-687-1501.

What if *Plan First* Doesn't Cover What You Need?

- Contact Virginia's Insurance Marketplace to learn about and enroll in affordable, comprehensive health insurance at marketplace.virginia.gov.
- Go to findahealthcenter.hrsa.gov or vafreeclinics.org/clinics-in-virginia to find a community health center or free clinic near you.
- Contact Cover Virginia at **1-855-242-8282** (TTY: 1-888-221-1590) or your local Department of Social Services (DSS) if you have questions about Medicaid eligibility.

For complete information about *Plan First*, go to:
covera.dmas.virginia.gov/learn/insurance-for-adults/plan-first/