

What is family planning?

You might read this and think, “I’m not ready to plan my family!” Family planning also includes taking care of your health and being prepared to prevent pregnancy or being prepared to have children when you’re ready.

Birth control options. Some people take a pill, get a shot, use a condom, or use a small device. You can also choose not to have sex.

Well women screening, including pelvic tests & breast exams (no different from visiting your doctor’s office for a regular checkup)

Pregnancy tests & pregnancy options counseling

Testing & treatment for sexually transmitted infections. These infections can be spread from person to person through sexual contact.

HIV counseling and testing. HIV can also be spread through sexual contact, not from shaking someone’s hand or their saliva.

Emergency contraception is birth control that prevents pregnancy up to 72 hours after sex, which is why it is sometimes called “the morning after pill,” or “the day after pill.”

For more information on these and other services, talk to your doctor or other healthcare provider.

Family planning locations that enroll in the FPBP



Reproductive Health Centers

- Oswego**
10 George St, Suite 100
- Pulaski**
61 Delano St
- Mexico**
5856 Scenic Drive
- Fulton**
522 South Fourth St
- Central Square**
544 South Main St
- SUNY Oswego** Mary Walker Health Center—
(College Students Only)

Appointment Lines

- (315) 598-4740, or
- (315) 342-0888

For other NYS family planning clinic locations, please call:
1 (800) 541-2831 or go to the website: www.health.ny.gov

NYSDOH, Bureau of Women, Infant & Adolescent Health, offers FREE Family Planning Benefit Program assistance and resources.

For more information, please contact:
Judith Sauer, FP Grant Coordinator
Ph: (585) 546-2771, Ext 343 or
Judy.sauer@ppcwny.org

Accessing Family Planning Services in Oswego County



... The Family Planning Benefit Program ...

What is the Family Planning Benefit Program?

The Family Planning Benefit Program (FPBP) is a Medicaid program that provides **FREE** confidential family planning services for the prevention of unintended pregnancies. Teens, women, and men can qualify.



What does FPBP cover?

- Birth control methods
- Emergency contraception
- Male and female sterilization
- Transportation to and from family planning (FP) visits
- Family planning counseling before and after pregnancy

Also covered as part of a FP visit:

- Pregnancy testing and counseling
- Annual exams and PAP tests
- Screening and treatment for sexually transmitted infections
- HIV counseling and testing
- Many follow-up procedures

Who can qualify?

- Females or males of any age able to have children
- New York State residents—college students must have a primary residence in NYS
- US citizens, nationals, Native Americans, and those with satisfactory immigration status (same as Medicaid)
- Meets income requirements (guidelines below)
- Individuals who currently do not have Medicaid



What are the income guidelines?

FPBP income eligibility is based on the monthly income of the person applying. Income levels depend on the number of family members in the household.

Family Size	Gross Monthly Income (2016)
1	\$2,208
2	\$2,978
3	\$3,747
4	\$4,516
5	\$5,286
6	\$6,055
7	\$6,826
8	\$7,599

Each additional person— \$774

How do I enroll?

You may be screened the same day as your appointment for temporary FPBP coverage. FPBP insurance can continue if you complete a full application. You can enroll at any Oswego Co Opportunities site listed in this brochure.

What information and documents do I need?

- Full legal name & date of birth
- Your Social Security Number (card not required)
- Income for the past 4 weeks including income like Social Security, NYS Disability, & Unemployment Benefits
- Proof of where you live
- Other health insurance if you have any—not needed if under the age of 21 and asking for confidentiality.



What if I have health insurance?

If you have insurance but do not want to use it for confidentiality reasons, you can enroll in the FPBP to cover the care you need.

You can also enroll in the FPBP and use it to pay for any family planning care, including co-payments and deductibles, not covered by your primary insurance.