

How to Get Birth Control

Birth Control Guide for People With CF

The Affordable Care Act mandates that insurance companies must cover FDA-approved birth control methods prescribed by an in-network doctor at 100%. This means no out-of-pocket cost even if you have not met your deductible yet. Only a very small number of religious employers are exempt from this rule. If you do not have insurance or do not want to go through your insurance to access birth control, many places offer free or low-cost birth control.

You may need to see a provider in person for certain types of birth control like IUDs, the implant, diaphragms, or the shot. You can get a prescription for other types like pills, patches, or rings through an in-person or telehealth visit. Some telehealth services will also ship birth control to your home.

“Where can I get birth control if I have insurance?”

- Your primary care doctor
- Your gynecologist
- Urgent care
- Planned Parenthood (in person, [online](#), or through the Planned Parenthood Direct App)
- Student Health Centers
- [Bedsider.com](#) (list of online telehealth options)

“Where can I get free or low-cost birth control if I do not have insurance or do not want to go through my insurance?”

- Planned Parenthood (in person, [online](#), or through the Planned Parenthood Direct App)
- [Bedsider.com](#) (list of online telehealth options)
- Student health centers
- Community health clinics
- [Nurx.com](#)
- [Findahealthcenter.hrsa.gov](#)
- [Goodrx.com](#) or GoodRx app
- [Costplusdrugs.com](#)
- [Hellowisp.com](#)

TO LEARN MORE

The resources below can help you learn more about birth control methods, sexual health, and STIs. You can also ask members of your care team for information.

CENTER FOR YOUNG WOMEN'S HEALTH

A web site run by Boston Children's Hospital that addresses reproductive health needs of teens and young adults, including 13 guides focused on CF and sexual and reproductive health.

BEDSIDER

A web site by the National Campaign to Prevent Teen and Unplanned Pregnancy to provide information about birth control options and better manage birth control.

PLANNED PARENTHOOD

A nonprofit organization dedicated to reproductive health.

OFFICE ON WOMEN'S HEALTH

Page about birth control methods by the U.S. Department of Health and Human Services Office of Women's Health.

CONTRACEPTION

Page with information about contraception methods by the Centers for Disease Control and Prevention.