

# Plan Your Pregnancy



## *Why should you plan your pregnancy?*

When you plan your pregnancy, you can better prepare for when you are ready to have a baby. Family planning services that include regular check-ups and screenings help ensure that your future babies have a healthy start on life.

## *What is Plan First?*

Plan First is the Commonwealth of Virginia's *FREE* program that covers family planning services for eligible women and men. Through Plan First you get education and support to help decide if or when you want to have a baby and services to help protect your reproductive health.


## *What Does Plan First Cover?*

- Yearly family planning exams
- Birth control
- Cervical cancer screening (Pap test) for women
- Sexually transmitted infection (STI) testing
- Lab services for family planning and STI testing
- Family planning education and counseling
- Sterilization procedures

## *Who is eligible for Plan First?*

Men and women who are 19 years of age and older who meet income and program guidelines. Check with your local health department or department of social services for an application.

*For more information go to:* [www.planfirst.org](http://www.planfirst.org)

**Health**  **Whys**  
A public health message from

*Thomas*  
**Jefferson**  
HEALTH DISTRICT

Serving: Albemarle Charlottesville  
Fluvanna Greene Louisa Nelson

[www.vdh.virginia.gov/LHD/ThomasJefferson](http://www.vdh.virginia.gov/LHD/ThomasJefferson)

