## BIRTH CONTROL METHODS YOU CAN GET WITHOUT AN IN-PERSON VISIT

### METHODS YOU CAN GET FROM YOUR PROVIDER VIA TELEMEDICINE

Many offices are offering video and/or phone call appointments. Call your provider’s office and say “I would like a virtual visit for birth control. Can you offer that?”

#### BIRTH CONTROL PILLS
- **Need Refill:** Call your provider’s office to send refills to your pharmacy
- **Starting the Pill:** Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy

#### PATCH
- **Need Refill:** Call your provider’s office to send refills to your pharmacy
- **Starting the Patch:** Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy

#### VAGINAL RING
- **Need Refill:** Call your provider’s office to send refills to your pharmacy
- **Starting the Ring:** Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy

#### PLAN B
- **Plan B:**
  - If you would like a prescription for Plan B so that your insurance will pay for it, call your provider’s office and ask them to send a prescription to your pharmacy

#### ELLA
- **ELL A:**
  - Call your provider’s office and ask them to send a prescription to your pharmacy

### METHODS YOU CAN GET ONLINE FROM A PROVIDER THAT IS NOT YOURS

Websites and apps that prescribe birth control and emergency contraception after a consultation. The prescription is mailed to you once it is filled.

#### PLAN B
- **Plan B:**
  - A number of websites and apps can mail you Plan B
  - Ex. Nurx, The Pill Club, Virtuwell

### METHODS YOU CAN GET ON YOUR OWN WITHOUT A PRESCRIPTION

These are methods you can buy directly on your own. You do not need to call your provider or have a consultation to get these methods.

#### BIRTH CONTROL PILLS
- **Courtney:**
  - Cannot access on your own

#### PATCH
- **Courtney:**
  - Cannot access on your own

#### VAGINAL RING
- **Courtney:**
  - Cannot access on your own

#### PLAN B
- **Courtney:**
  - You can get Plan B over the counter (no prescription) online and in person at pharmacies, big box stores, and Amazon

#### ELLA
- **Courtney:**
  - Cannot access on your own

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**Partners in Contraceptive Choice and Knowledge (PICCK)** is a five-year program funded by the Executive Office of Health and Human Services, Commonwealth of Massachusetts and housed at Boston Medical Center/Boston University School of Medicine.

For more resources on COVID-19, please visit our website at: [https://picck.org/news/covid-19/](https://picck.org/news/covid-19/)
### DIAPHRAGM *use with spermicide*

| Need Another: Call your provider’s office to send a prescription to your pharmacy |
| Starting the Diaphragm: You can’t be seen in the office for the type of diaphragm that has different sizes and is fitted to your body. See the Caya Single Size Diaphragm, which you can get on your own ➔ |

### CERVICAL CAP *use with spermicide*

| Need Another: Call your provider’s office to send a prescription to your pharmacy |
| Starting the Cervical Cap: You can’t start the cap without a visit—caps come in different sizes, you must be fitted |

### SPONGE

| No need to interact with a provider to access |

### SPERMICIDE

| No need to interact with a provider to access |

### CONDOMS (INTERNAL AND EXTERNAL) *only way to prevent against STIs; when combined with other forms of birth control, condoms can be a great way to further protect yourself against pregnancy*

| If you would like a prescription for condoms so that your insurance will pay for them, call your provider’s office and ask them to send a prescription to your pharmacy |
| No need to interact with a provider to access |

### METHODS YOU CAN GET ON YOUR OWN WITHOUT A PRESCRIPTION

These are methods you can buy directly on your own. You do not need to call your provider or have a consultation to get these methods.

- **Spermicide**: You can get spermicide over the counter (no prescription) online and in person at pharmacies.
- **Condoms (Internal and External)**: You can get condoms over the counter (no prescription) online and in person at pharmacies, big box stores, Amazon, and at www.condomania.com.