

# 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?"



## 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.



## 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



**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



Websites and apps can mail you pills after you complete an assessment or consultation.  
Ex. Nurx, Simple Health, Hey Doctor, The Pill Club, Lemonaid.  
*To learn more about accessing pills online, see [freethepill.org](https://freethepill.org).*



*Cannot access on your own*

### 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



A number of websites and apps can mail you patches after you complete an assessment or consultation  
Ex. Nurx, Simple Health, Hey Doctor



*Cannot access on your own*

### 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



A number of websites and apps can mail you vaginal rings after you complete an assessment or consultation  
Ex. Nurx, Simple Health, Hey Doctor



*Cannot access on your own*

### 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



A number of websites and apps can mail you Plan B  
Ex. Nurx, The Pill Club, Virtuwell



You can get Plan B over the counter (no prescription) online and in person at pharmacies, big box stores, and Amazon

### ELLA



Call your provider's office and ask them to send a prescription to your pharmacy



A number websites and apps can mail you Ella after completing an assessment or consultation  
Ex. Nurx, PRJKT Ruby



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### 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 →



*App does not exist for diaphragms*



The Caya Single Size Diaphragm can be purchased on Amazon without a prescription because it is one size so it does not need to be fitted to your body

### 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



*App does not exist for cervical cap*



*Cannot access on your own*

### SPONGE



*No need to interact with a provider to access*



*No need to interact with a provider to access*



You can get the sponge over the counter (no prescription) online and in person at pharmacies and at [www.todaysponge.com](http://www.todaysponge.com)

### SPERMICIDE



*No need to interact with a provider to access*



*No need to interact with a provider to access*



You can get spermicide over the counter (no prescription) online and in person at pharmacies

### 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*



You can get condoms over the counter (no prescription) online and in person at pharmacies, big box stores, Amazon, and at [www.condomania.com](http://www.condomania.com)