

# 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 an assessment or consultation. A prescription is mailed to you.



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

These are methods you can buy 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



**Options:** Nurx, SimpleHealth, GoodRx Care, The Pill Club, Lemonaid, PlushCare, Alpha, BlinkHealth, Wisp, Hers, PRJKT Ruby  
*To learn more about accessing pills online, see [www.freethepill.org](http://www.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



**Options:** Nurx, SimpleHealth, GoodRx Care, PlushCare, Alpha, BlinkHealth, Lemonaid



*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



**Options:** Nurx, SimpleHealth, GoodRx Care, PlushCare, Alpha, BlinkHealth, Lemonaid, The Pill Club



*Cannot access on your own*

## DEPO SUB-Q SELF-INJECTION



**Need Refill:** Call your provider's office to send refills to your pharmacy  
**Starting the Shot:** Have a telemedicine visit with your provider. At the end they can send a prescription to your pharmacy



**Options:** Nurx, PlushCare



*Cannot access on your own*



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### PHEXXI



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



Phexxi's website will mail it to you after you complete an assessment and consultation  
[www.phexxi.com/howtogetphexxi](http://www.phexxi.com/howtogetphexxi)



*Cannot access on your own*

### ELLA



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



**Options:** Nurx, Alpha, SimpleHealth, BlinkHealth, Wisp, PRJKT Ruby



*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



**Options:** Nurx, Alpha, SimpleHealth, BlinkHealth, The Pill Club, Wisp



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

### DIAPHRAGM *\*use with spermicide*



**Need Another:** Call your provider's office to send a prescription to your pharmacy  
**Starting the Diaphragm:** For the diaphragms that come in different sizes, you must be fitted in-person. The Caya Single Size Diaphragm does not require an in-person visit, but does require a prescription from your provider



*App does not exist for diaphragms*



*Cannot access 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



*App does not exist for cervical caps*



*Cannot access on your own*

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## CONDOMS (INTERNAL AND EXTERNAL) *\*only way to prevent against STIs*



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



**Options:** SimpleHealth, GoodRx Care, and The Pill Club



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)

## FERTILITY AWARENESS METHOD (FAM)



*No need to interact with a provider to access*



*No need to interact with a provider to access. There are numerous apps to help practice fertility awareness*



There are different ways to practice fertility awareness and many resources to help you do so effectively  
*To learn more, see* [www.plannedparenthood.org/Learn/birth-control/fertility-awareness](http://www.plannedparenthood.org/Learn/birth-control/fertility-awareness)

## SPERMICIDE



*No need to interact with a provider to access*



*App does not exist for spermicide*



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

## SPONGE



*No need to interact with a provider to access*



*App does not exist for the sponge*



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)