

## FAMILY PLANNING: Important Reminders and Resources for Providers

October 4, 2017

Dear Care1st Providers and Staff:

### **Pregnancy Prevention and Support Services for Pregnant Teens**

Many young people engage in sexual risk behaviors that can result in unintended health outcomes such as HIV, sexually transmitted diseases and unintended pregnancy. According to the CDC (Center for Disease Control and Prevention), the U.S. has the highest teen pregnancy rate for developed countries and makes up almost half of all new sexually transmitted infections each year.

Some of the support services available to pregnant teens in our service area include:

- Teenage Outreach & Pregnancy Services (TOPS); go to <https://www.teenoutreachaz.org/services/>.
- A variety of services offered at the Care1st Avondale Resource & Housing Center; go to <https://www.care1staz.com/az/index.asp>, and click on the resource center link on the lower right.
- Maricopa County Department of Public Health, including the Healthy Start Program, Nurse-Family Partnership and WIC. Go to <http://www.maricopa.gov> and click on Public-Health, then select Individuals & Families, and Family Health Promotion.
- Pima County Health Department; go to <http://webcms.pima.gov/health> to find preventive health services, including reproductive health services specifically for teens.
- Pregnant Care1st members ages 18 and younger should be referred to our Case Management department. Please call 602-778-8301 to refer a patient.

### **Family Planning Services**

Family planning services are an important AHCCCS benefit for members who choose to voluntarily delay or prevent pregnancy. As you care for patients before and between pregnancies, it is contractually required for you to discuss family planning options with both male and female patients of reproductive age, and document these discussions in the patient's medical record. AHCCCS defines reproductive age as 12 to 55 years.

Covered family planning services for AHCCCS members with full medical coverage include:

1. Contraceptive counseling, medication, and supplies, including oral and injectable contraceptives, subdermal implantable contraceptives, intrauterine devices, diaphragms, condoms, foams and suppositories;
2. Associated medical and laboratory examinations and radiological procedures;
3. Treatment of complications resulting from contraceptive use, including emergency treatment;
4. Natural family planning education or referral to qualified health professionals; and
5. Post-coital emergency oral contraception within 72 hours after unprotected sexual intercourse (RU 486 is not post-coital emergency oral contraception).

There is no charge to members for family planning services.

### **Long Acting Reversible Contraceptives (LARC)**

Research strongly indicates many repeat births can be prevented through postpartum use of LARC. Offering women LARC in the hospital after delivery makes it easier for women to avoid unintended pregnancy. Remember to discuss this option with women prior to delivery.

***If you have questions, please contact Maritza Jimenez, LPN, QI Manager - EPSDT/MCH/DDD Programs, at 602.474.1365***

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