Family Planning Services Include:

**Medical Services**
- Yearly Check-Up
- Immunizations
- Basic Infertility Counseling
- Birth Control
- Emergency Contraception
- STD Testing and Treatment
- Select Cancer Screenings

**Available Information and Education**
- Family Size and Birth Spacing
- Reproductive Goals
- Birth Control Options
- STD/HIV
- Infertility

The Choice is Yours
For more information or to make an appointment for family planning services call your local health department.

To read more on Frequently Asked Questions please visit:
[tn.gov/health/health-program-areas/fhw/family-planning.html](http://tn.gov/health/health-program-areas/fhw/family-planning.html)

Referrals for other services

All services are voluntary and confidential and no one will be turned away regardless of ability to pay.

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Birth control, also called contraception, is any method, medicine or device used to prevent pregnancy. Women, men and couples have a lot to consider when choosing the contraceptive method best for them. Considerations can include safety, effectiveness and side effects. While birth control prevents pregnancy, not all methods protect against sexually transmitted diseases, including HIV.

To protect yourself from STDs and HIV, always use a condom along with your chosen form of contraception.

The type of birth control method you use depends on your health, desire to become pregnant now or in the future and your need to prevent STDs and HIV.

**Ask your provider if you need more information to decide which method is best for you right now.**

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**Other Methods of Birth Control:**
- Lactational Amenorrhea Method (LAM) is a highly effective, temporary method of contraception; and