

Frequently Asked Questions

What health services does the Family Planning Program provide? Family planning includes a broad range of services related to achieving and preventing pregnancy, assisting all individuals to have their desired number and spacing of children. The Family Planning Program provides the following services: physical exams, cervical and breast cancer screening, testing and treatment of sexually transmitted diseases (STDs), blood pressure screening, anemia screening, pregnancy testing, reproductive life planning, basic infertility services, and comprehensive birth control options.

What birth control methods does the Family Planning Program offer? The Family Planning Program offers a broad range of effective birth control methods, including:

- Abstinence Education
- Fertility awareness-based methods (“natural family planning”)
- Female sterilization
- Male sterilization
- Intrauterine devices (IUD)
- Implant
- Injectable (“*the shot*”)
- Oral contraceptives (“*the pill*”)
- Patch
- Ring
- Diaphragm
- External condom
- Internal condom
- Withdrawal education
- Sponge
- Spermicides

Am I eligible for Family Planning services? Any person who is physically able to get pregnant or impregnate another person is eligible for family planning services.

Do you offer Emergency Contraception (“The morning after pill”)? Yes. All of our clinics can provide emergency contraception.

Can men get Family Planning services? Yes. Men have family planning needs that not only affect their sexual and reproductive health, but also can have an impact on their overall health.

What is the cost for Family Planning services? Do you accept insurance? Do you accept TennCare? Do you have a sliding fee scale? The Family Planning Program accepts most private insurance, as well as TennCare. If a service is not covered by your insurance, or you don’t have insurance, our charges are based on a sliding fee scale according to income and family size. To be eligible for the sliding fee scale you must verbally declare your income. Most family planning clients are seen at no cost. No one will be turned away regardless of ability to pay.

Frequently Asked Questions

Where can I get Family Planning Services? Services can be accessed by contacting your local health department. Each county in Tennessee has a county health department that provides family planning services. Some counties have multiple locations. To find your local health department, please follow this link and click on your county: <https://www.tn.gov/health/health-program-areas/localdepartments.html>.

Can I just walk in for Family Planning services, or do I need to schedule an appointment? The Family Planning Program does see many patients on a walk in basis as schedules allow. However, to reduce wait time and assure you will be seen, we strongly encourage scheduling ahead by calling your local health department.

I am a teen. Do I need my parents' permission to get birth control? No. Tennessee has laws to make sure minors can obtain confidential reproductive health care, which includes birth control and STD testing and treatment, without parental consent or notification. Even though the Family Planning Program offers confidential services to teenagers, it's always a good idea for teens to talk with their parents or another trusted adult to help them carefully consider their decisions about becoming sexually active and the need to use birth control for preventing pregnancy and sexually transmitted diseases (STDs).

Will my family planning services be kept confidential? Birth control and other reproductive health services at Family Planning clinics in Tennessee are confidential, which means that clinic staff cannot share your information with anyone unless you give the clinic staff permission.

Do you provide abortions? The State of Tennessee does **NOT** provide abortion services. The Family Planning Program does not promote or encourage the use of abortion as a method of family planning. As a recipient of Federal Title X funding we cannot make referrals for abortion services.

Do you provide services for LGBTQ+? Yes. Our clinics provide education, support, and sexual and reproductive health services for lesbian, gay, bisexual, transgender, queer, questioning, and intersex clients. We try to demonstrate respect and propriety in any interactions where clients are being asked to provide personal information.

What questions will I be asked during a family planning visit? It's a good idea to know what questions you may be asked. That way, you can think about the answers and make sure to bring any necessary information with you to your appointment. You may be asked about:

- What kind of help you might want or need
- Allergies to medicines
- Any medicines you are taking
- Concerns you have about your general health, including your emotional health
- How things are going at home or at school
- If you or your family have or have had any medical problems
- If you have a period, how long your period normally lasts, how old you were when you first got it, and the first day of your last period
- Whether you have ever had sex
- If you've ever been forced to have sex

Frequently Asked Questions

- If you smoke, drink alcohol, or use drugs

What do I do if I have more questions? For more information you can contact your local health department or email: mch.health@tn.gov