



I'll
decide
when the
time is
right.

You're single. You're busy.

It's hard enough figuring out how to juggle everything and pay your bills. Starting a family isn't part of your plan right now. Having a child is such a big commitment. You want to have kids when you decide the time is right. Now may not be that time.

Planning your pregnancy
(when the time is right for you)
just got a little easier ...

NC's Family Planning Waiver
can help.



What is the Family Planning Waiver?

The **NC Family Planning Waiver** is an insurance program that pays for family planning services at local health departments and various health centers. Some private doctors, midwives and nurse practitioners also participate. The other good news? There's **NO COST** to you!

With the **Family Planning Waiver**, you can get:

- ▶ Your physical each year
- ▶ Most types of birth control (including getting your tubes tied)
- ▶ Pregnancy tests
- ▶ Testing for sexually transmitted infections
- ▶ Help with planning when to have a baby
- ▶ Doctor referrals

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Call today to get your application. You may qualify if you are between 19 and 55, not pregnant, a resident of North Carolina, a U.S. citizen (or legal resident) and your income is around \$20,000 per year or less. Eligibility income increases with the size of your family.

For more information and an application, call
NC Family Health Resource Line
1-800-367-2229

or call your local health department or talk to
your healthcare provider.

To learn more, go to:



www.dhhs.state.nc.us/dma/mfpw/mfpwconsumer.htm

