

Technology That Improves Access to Birth Control

APPS

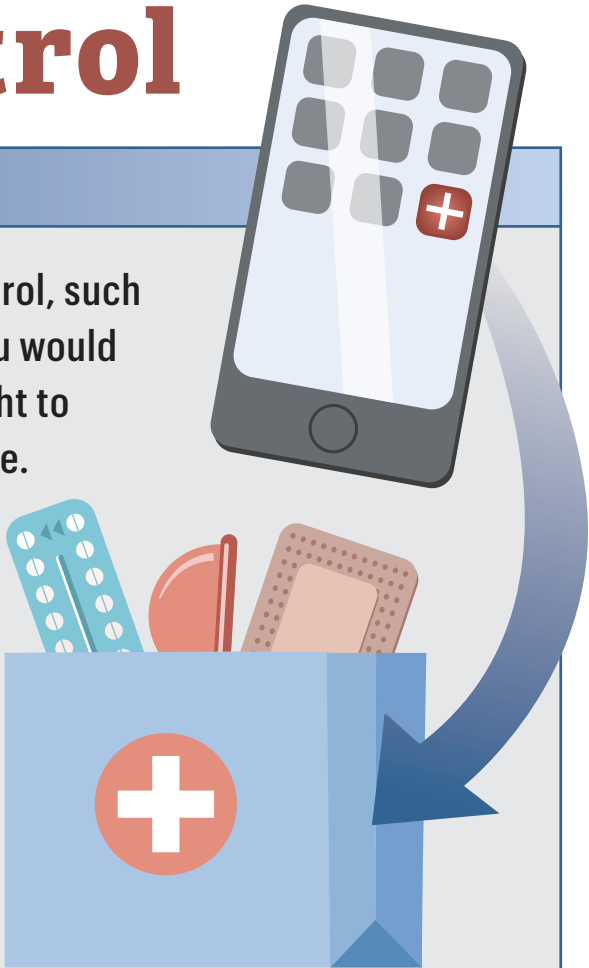
There are apps you can download on your phone to access birth control, such as Nurx. You can receive different birth control methods—just as you would at any pharmacy. But with these apps, your birth control will ship right to your house. This can be especially helpful if you have a busy schedule.

There are other birth control apps. They include Hers, Lemonaid, The Pill Club, and others.

Some take insurance too. This may mean your birth control will be free or only cost a small fee.

Birth control apps may be a good idea for you because:

- You won't have to take time out of your schedule to see your doctor or pick up your birth control.
- You can message online medical staff through the apps at any time.
- You can refill your birth control prescription at any time during the day or night.



TELEHEALTH



Many clinics offer a telehealth option to order and refill birth control.

Telehealth is a way to communicate with your doctor through the phone or your webcam. This way, you can order contraceptives without leaving your home.

From here, you can pick up your birth control from your pharmacy. In some cases, you can go through a drive-thru or curbside pickup so that you don't have to leave your car.

You can also use telehealth to chat with your doctor if you have questions or concerns about your birth control. But some issues are best to take care of in person, like routine exams, pap smears, lab work, STD screening, and mammograms. Being able to get contraception from an online doctor does not replace regular wellness exams/visits.

If your doctor feels like you should come into their office, they'll ask you to schedule an in-person appointment.

ONLINE HEALTH CARE SERVICES

If you don't have insurance, there are online health care options like GoodRx that offer low-cost birth control. You can have your birth control delivered to you, or you can pick it up at your pharmacy.

With services like these, you can start a new birth control or get a refill on an existing prescription. Some of these companies offer birth control for as low as \$8 if you don't have insurance or you don't want to use it.

Other online health care services include Blink Health, Optum Perks, RxSaver, and others.

