

Whatever you
are looking for
in birth control,
we have it.

CCare staff are skilled and committed to finding a method that works for you, for **FREE!** Visit ccare.oregon.gov for more information.

oregon **contraceptive** care

Find out more at ccare.oregon.gov.
Dial 2-1-1 for a clinic near you.

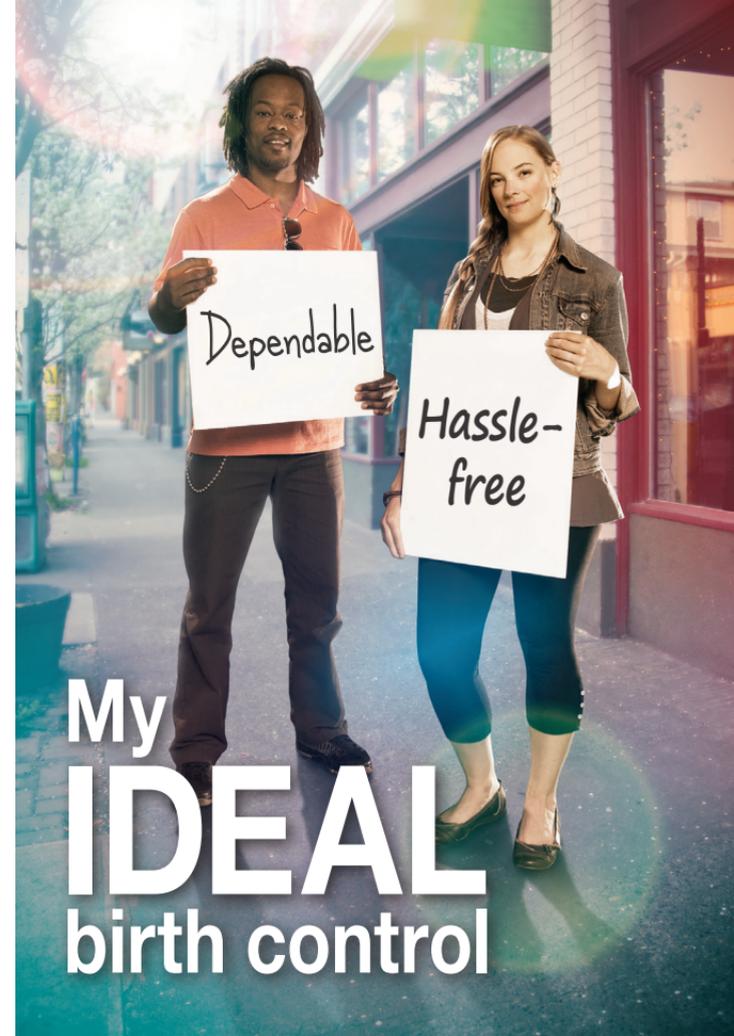


Oregon
Health
Authority

PUBLIC HEALTH DIVISION
Reproductive Health Program

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Reproductive Health Program at 971-673-0355, or email ccare@state.or.us.

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My
IDEAL
birth control

It is possible to have an effective birth control method that is easy to use.

Oregon **Contraceptive**Care (CCare) has the latest information, services and birth control methods — all available at no cost to you. CCare providers will help you find a method that works for you — your body and your life. If you are not planning to get pregnant soon, visit CCare today!

You can find CCare in county health departments and Planned Parenthood clinics, as well as many other clinics throughout Oregon. Visit ccare.oregon.gov to find a clinic near you.

Services offered include:

- Annual exam
- Birth control information and counseling
- Sexual health counseling
- Information and referrals to other health and social services

Methods covered include:

- Birth control pills
- Condoms (male and female)
- Depo-Provera® (“the shot”)
- Diaphragm
- Emergency contraception (EC)
- Implant (Nexplanon®)
- IUD (ParaGard®, Mirena®, Skyla®)
- Patch (ORTHO EVRA®)
- Vaginal ring (NuvaRing®)
- Vasectomy (for males over 21 years)
- Natural family planning/CycleBeads®

You may qualify for CCare if you:

1. Live in Oregon; **and**
2. Are a U.S. citizen **or** have been a lawful permanent resident for five or more years; **and**
3. Have a Social Security number; **and**
4. Have an income up to:

| Household size | Weekly* | Monthly* |
|-----------------------------|---------|----------|
| 1 | \$553 | \$2,394 |
| 2 | \$746 | \$3,232 |
| Each additional person add: | \$193 | \$838 |

* Income before taxes as of March 1, 2013.
Go to ccare.oregon.gov for current amounts.

Don't qualify for CCare? Don't worry. You may still get the same services and birth control methods on a sliding-fee scale.