

OregonContraceptiveCare

Video Script

April 24, 2010

<p>I thought getting birth control at a clinic would be scary, but my friend Jen went and said it wasn't a big deal, so I decided to check it out.</p>
<p>I found a clinic near me. It was nice, and the staff went out of their way to make me feel comfortable. It wasn't scary at all.</p>
<p>I was worried about filling out forms and the kind of ID I'd need. The forms were pretty easy; name, address, health history...stuff like that. I think the hardest part was remembering which day was the first day of my last period.</p>
<p>It sounded expensive, but Anna the receptionist told me that, if I qualified, the ContraceptiveCare program could help me get birth control and an annual exam for free.</p>
<p>After Anna got me checked-in, Bev, the clinic assistant, took me to an exam room, asked me how I had been feeling and what I needed.</p>
<p>She asked questions like, "are you sexually active?" and "what kinds of birth control have you used?"</p>
<p>It was pretty easy. I was on the pill but stopped because I kept forgetting to take it on time.</p>
<p>We talked about other methods of birth control, and she helped me to find one that was a better fit for me.</p>
<p>After Bev left, Carol, the healthcare provider, came in for the exam.</p>
<p>We talked a little bit more about the method I was considering, and she said I could get it that day. She also reassured me that if I wasn't satisfied with the one I chose, she'd work with me to find the method that worked best for me.</p>
<p>I really had the feeling she was interested in my needs and my overall health. She answered all of my questions, and I didn't feel like I was being rushed or hurried.</p>
<p>It was also cool that they could give me the birth control I needed on the spot, and that I didn't have to go to a pharmacy.</p>
<p>The last step was the checkout. Even though everyone told me not to be worried, I was still a little worried.</p>
<p>But they reassured me that no one should ever avoid coming to the clinic because of money. They can always find a plan that I can afford.</p>
<p>Now I know what ContraceptiveCare is all about, and it's no big deal. I'm glad the clinic is here for me...and the people are so willing to help me. I'm telling my friends to check it out.</p>