

ICAN! KNOW MY RIGHTS!



You have the right to no out-of-pocket cost for birth control.

If you have Medicaid (including All Kids, the [HFS Family Planning Program](#), and FPPE) or have insurance through the Affordable Care Act (ACA), your birth control will be no cost to you. If you live in IL and earn less than \$3,600/month, you can qualify for coverage - [check your eligibility below](#).



You have the right to the birth control of your choice.

If you're enrolled in Medicaid and your provider doesn't offer the [birth control you want](#), you can seek care with [another provider](#). Even if they're out of network, your birth control will be no cost.



You have the right to access confidential sexual health care.

In Illinois, if you are 12+ you have the right to seek birth control, STI/STD, abortion care, substance abuse and mental health on your own without notifying a parent or guardian.



You have the right to free condoms.

Ask your provider to write you a prescription for [internal](#) or [external condoms](#). You can get up to 30 a month fully covered by Medicaid. Condoms are the only way to prevent against STIs/HIV.



You have the right to emergency contraception (EC).

Ask your provider to write you a prescription for the [EC pill](#) so you have it on hand in case you ever need it. EC pills can be used for up to 5 days after unprotected sex to decrease the chance of pregnancy. This is allowable under Medicaid and varies with private insurance.



You have the right to bodily autonomy.

You have the right to decide if, when and under what circumstances to become pregnant or to parent. If you become pregnant, you have three options: abortion, prenatal care to parent, and prenatal care for adoption. A [trusted healthcare provider](#) should give you the facts about all options and let you decide what's best for you.

CHECK ELIGIBILITY



for free birth
control programs

EXPLORE OPTIONS



to find the birth
control for you

FIND PROVIDER



offering free or
low-cost care