

## Options for Sexual Health (OPT)

sells birth control at a reduced rate. They provide the same services you usually get at a VCH Vancouver Community Youth Clinic.

Go to: [www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org) to find a clinic near you or call 1-800-sex-sense.

## When You Turn 25

Once you turn 25, you are no longer eligible for VCH Vancouver Community Youth Clinic services. You need to find a doctor or other Health Care Provider for birth control, testing, and other health care needs.



## Finding a Health Care Provider

Options for Sexual Health (OPT) provides sexual health services to people of any age.

Go to [www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org) to find a clinic near you or call 1-800-sex-sense.

To find a doctor go to <https://www.cpsbc.ca/> and look under “Find a Physician”

You can also check out our primary care clinics at [www.vch.ca](http://www.vch.ca)

**Tip:** Talk to friends or family about health care providers they recommend.

You have been  
given a prescription  
for birth control.

Now what?



For more copies, go online at <http://vch.eduhealth.ca> or email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **GE.100.187**  
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The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

Vancouver Community



## Birth Control Prescriptions

You will be given a prescription for your birth control when you come to a VCH Vancouver Community Youth Clinic if you:

- Are 21 years and older
- Have extended health coverage through school or work
- Are an international student, travelling from another country, or are a permanent resident of another province or country

*If you cannot afford your birth control, talk to your Youth Clinic Health Care Provider.*

## Filling a Prescription is Easy

Take your prescription to any pharmacy. If you do not have a BC Care Card, you will need some kind of ID.

**Tip:** Pharmacists will charge a dispensing fee each time you fill a prescription. Shop around because different pharmacies have different prices. Also try and buy a few months at a time.

The pharmacist will talk with you to make sure you understand your medication. If you have questions, the pharmacist is a great source of information.

**Tip:** Some kinds of birth control cost less than others. Ask your Youth Clinic Health Care Provider or Pharmacist about this.

**Tip:** Generic (non-brand) birth control is usually less expensive and works just as well.



## Paying Less for Your Birth Control

### **Fair Pharmacare:**

All BC residents should register with Fair Pharmacare. Fair Pharmacare covers 70% - 100% of your prescription cost depending on your income. All you need is a BC Care Card and your net income from your tax return 2 years ago. To register for Fair Pharmacare go to: <https://pharmacare.moh.hnet.bc.ca/>

### **Full-time Post-Secondary Students:**

80-90% of your prescription is covered by your student health plan unless you opted out.

How to use your student health plan

1. Go to the website for your school health plan. You may want to check with your student association/union to find out the specifics
2. Print your health plan card/information and fill out any necessary information
3. Take your prescription and this card/information to any pharmacy you will only pay between \$5 - \$15 for a 3 month supply

If you opted out of your school plan, check whether you can use your parent's or guardian's benefit plan for birth control. The pharmacy will keep your information confidential.