

The Be Smart Family Planning Program is designed to reduce unintended pregnancies and improve the well-being of children and families in North Carolina.

### Family Planning Can Help You Have a Better Life.

- Helps you to decide when or if to have a baby.
- Helps you plan a healthy pregnancy and birth.
- Allows parents to provide for their family, both financially and emotionally.
- Allows more time and attention for your children.



### The North Carolina Be Smart Program:

- Provides family planning and birth control;
- Is free – there is no cost for the services;
- Is voluntary; and
- Is confidential.

### Who Can I Call If I Have Questions?

You can call your local Department of Social Services, or your local Health Department at the number listed in your local phone book.

Or

**The North Carolina Family Health Resource Line:**

**1-800-367-2229**

For more information go online to:

**[www.ncdhhs.gov/dma](http://www.ncdhhs.gov/dma)**

## Be Smart.

Is brought to you by  
North Carolina's  
Division of Medical Assistance  
and Division of Public Health

Family Planning Medicaid is a waiver program that will end October 1, 2010 unless it is extended.



State of North Carolina  
Department of Health and Human Services  
[www.ncdhhs.gov](http://www.ncdhhs.gov)  
N.C. DHHS is an equal opportunity employer and provider.

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# Be Smart. Be Ready.

A Family Planning Program  
For Men and Women

**Are you ready** to be a mom or dad?

**Are you** ready for another child?

**Do you think** you might want more children?



If you answered no to any of these questions....

You may qualify to receive birth control methods and health care services for **FREE**

# Free Family Planning/Birth Control Services to Eligible Men and Women.

## Who Can Apply for Be Smart?

- Women ages 19 through 55
- Men ages 19 through 60
- U.S. Citizens or documented immigrants
- North Carolina residents who:
  - ✓ Are not pregnant;
  - ✓ Are not sterilized;
  - ✓ Are not incarcerated; or
  - ✓ Have income at or below 185% of the federal poverty level.
- Not currently on Medicaid
- Other requirements may apply

### How Can I Prevent a Pregnancy?

(often called Birth Control)

**No sex** (abstinence)  
or

**Using a birth control method**  
(Like birth control pills, the shot, IUDs, condoms, etc.)



## What Does Be Smart Provide?

The program provides:

- Family planning initial and yearly exams;
- Follow-up family planning visits;
- Birth control and family planning counseling;
- Pregnancy tests;
- Some types of birth control methods like the pill, the shot, and IUDs, as well as vasectomies and tubal ligations;
- Family Planning Lab tests;
- HIV (Human Immunodeficiency Virus) testing;
- Limited screening and treatment for some STDs (limited to the initial family planning visit);
- Pap smears;
- Help on when to have a baby; and
- Referrals.

## Where Can I Go For Family Planning Services?

Any participating family planning provider enrolled with Medicaid can provide Be Smart services.

- Private Medical Providers
- Local Health Departments
- Federally Qualified Health Centers
- Rural Health Clinics
- Planned Parenthoods

## What Is Not Covered?

- Dental
- Fertility testing and treatment
- Hysterectomies
- Abortions
- Pregnancy health care
- Ambulance
- Condoms
- Contraceptive Foam, Contraceptive Jellies or Contraceptive Suppositories
- Durable Medical Equipment
- Home Health
- Inpatient Hospital
- Mental Health
- Optical
- Treatment for AIDS
- Treatment for Cancer
- Sick Visits
- Any service not related to Family Planning

For other medical conditions, you can go to a **Community Health Center or your local Health Department that provides primary care.**

## How Do I Apply for Be Smart?

Applications are available at:

- Your County Department of Social Services;
- Local Health Departments;
- Many Community Health Centers; and
- Online at [www.ncdhhs.gov/dma](http://www.ncdhhs.gov/dma).

## How Long Does It Take To Get Approved?

Most applications are evaluated and processed within 45 days.