

## Fees/Family Planning Services

- All clients are eligible for Family Planning services. Priority of services is for persons from low income families.
- Uninsured Clients– Will receive services on a schedule of discounts based on ability to pay.
- Proof of household income and household size determine the fees for services. Fees are based on a sliding fee scale for discounts. A minor's income may result in no fees (under age 18).
- Medicaid is accepted– You must bring your Medicaid card to each visit.
- Other Insurance is also accepted-Bring your insurance card to each visit (be prepared to pay your co-pay if required).
- Private Pay-You will be billed based on your income and household size on a sliding fee scale.
- **Confidential services available**

This Information Is Supported By  
Title X Funds.

For more information about these programs,  
contact us at 336-342-8140

### Health Department Clinic Schedules

#### Monday- Friday: 8AM-5PM

##### ADULT HEALTH CLINIC

Acute Care and Preventive Care

After hours appointments - 1st & 3rd Thursday of each month

##### CHILD HEALTH CLINIC

Preventive Care and Immunizations

After hours appointments - 3rd Thursday of each month

##### WOMEN'S PREVENTIVE HEALTH CLINIC

Family Planning, Preventive Care, Breast/ Cervical Cancer Screening

After hours Family Planning appointments –1st & 3rd Thursday of each month

##### SEXUALLY TRANSMITTED INFECTION (STI) CLINIC

Confidential STD screening services by appointment

##### GLAUCOMA CLINIC (REFERRAL BY RCDPH ADULT CARE PROVIDER)

By appointment only

##### NUTRITION SERVICES (WIC)

Women, Infants and Children, Breastfeeding Education

After hours appointments -Every Thursday

##### IMMUNIZATION CLINIC

Monday-Friday 8 am-5 pm

##### DENTAL CLINIC

By appointment only

##### Notice of Free Language Assistance:

It is the policy of the Rockingham County Department of Public Health to provide free language interpretation services to our clients.

##### La nota de Ayuda Libre de Idioma:

Sera la poliza del Rockingham County Department of Public Health de proporcionar los servicios gratis de interpretacion de idioma a nuestros clients.

Revised 4/30/2020-JSS

## Family Planning & Reproductive Health

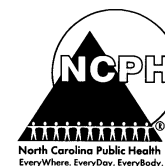


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<http://www.rockinghamcountydhhs.org/>

Find the Rockingham County  
Department of Health and Human  
Services on **facebook**



## Screenings

### What is a PAP test (or PAP Smear)?

A PAP test is a simple test that can find “pre-cancer”, cancer cells or other changes in and around your cervix (the opening to the uterus).



### Why is a PAP test important?

A PAP test may help find a change in your cervix before it becomes cancer. A PAP test may help prevent cervical cancer. PAP screening testing begins at age 21.

### What is a Breast Exam?

The medical provider will examine your breast to see if you have any lumps. She will also teach you breast self exam.

### What is BSE (breast self exam)?




Examining your own breast for changes and lumps. Breast self exams allow you to know how your breasts feel so you may be more likely to notice a change. BSE's can help find breast cancer. Clinical breast exams usually begin around age 21, or based on history/problem.

### What is a Pelvic exam?

In a Pelvic exam, the medical provider looks inside your vagina to check for vaginal infections, bacterial infections, and signs of STI's (sexually transmitted infections). She makes sure your vagina is healthy and uses a swab to take a sample. The sample will show if you have a vaginal or bacterial infection or an STI.

**Pelvic exams may not be needed until age 21 based on history/problems. Young ladies may not need to undress for exams and may self-collect samples for some screening tests.**

## Birth Control Options

- ◆ **Condoms** (rubbers) are used to protect against HIV and other sexually transmitted infections. Provided at no charge. 
- ◆ **Foam, Suppositories and Film** are made of chemicals that kill sperm.
- ◆ **A diaphragm** is a small rubber cup that fits inside the vagina, over the cervix (opening to the uterus). It must be fitted by a medical provider.
- ◆ **Depo Provera** is a hormone (progestin) that is injected by a medical provider. It lasts 3 months. Given in the office. 
- ◆ **Pills** are hormones that are taken by mouth. You must remember to take the pill everyday. 
- ◆ **An IUD** is a small device put inside the uterus by a medical provider. (Effective for 3-10 years)
- ◆ **Natural Family Planning** is when a woman learns to recognize the fertile days of her menstrual cycle.
- ◆ **Nuva-Ring** is a ring that is inserted into the vagina that releases hormones.
- ◆ **Nexplanon** is a flexible, plastic rod placed under the skin of your arm during an office visit. It lasts for 3 years.
- ◆ **Contraceptive Patch** is a hormone patch applied to the skin for birth control.

\*Most birth control options are covered at very low cost (cost is based on qualifications determined by household income and size) and/or most are covered by insurance and Medicaid.

## Sexually Transmitted Infections (STI's)

Family Planning clients are screened for sexually transmitted infections (STI's) at no cost. Call (336) 342-8141 for an appointment.

**All information is kept confidential.**

### You should be tested if:

- You have had unprotected sex, even once
- You are not sure of your partner's sexual history
- You have had more than one sex partner
- You or your partner have any symptoms or think you may be infected
- You have shared needles, even once

The only 100% way to prevent an STI is to remain abstinent (do not have sex).

Using a condom every time you have sex is the next best way.

