

LARC may be available where individuals already go for medical care, and may be covered by their insurance. There's also another option for obtaining LARC. Thanks to New York State's *Family Planning Benefit Program (FPBP)* most people, including teens, can get LARC confidentially and for free. There are several clinics in the Rochester area that can enroll patients in this benefit program. Some clinics have walk-in hours, but it is best to call before visiting.

During this time of uncertainty surrounding the coronavirus pandemic, we want to assure you that local access and availability of birth control remains a priority. If you are in need of birth control or have questions or concerns about your current birth control method, we recommend that you first contact your primary provider. You can also reach out to these local clinical partners to schedule a telemedicine or in-person visit.

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