The Be Smart Family Planning Program reduces unintended pregnancies and improves 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 healthier pregnancy and birth.
- Allows parents to better 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 office or your local county Health Department at the number listed online

For more information, go online to: dma.ncdhhs.gov

#### **Be Smart**

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

The **Be Smart** program has been continued through the State Eligibility Option for Family Planning Services. More information on this option is available on DMA's website at http://bit.ly/28KrVra



State of North Carolina | Pat McCrory, Governor
Department of Health and Human Services
Richard O. Brajer, Secretary
www.ncdhhs.gov | https://dma.ncdhhs.gov

N.C. DHHS is an equal opportunity employer and provider.
Rev. 11/2016

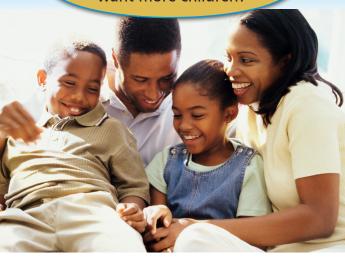
# Be Smart. Be Ready.

**A Family Planning Program** 

**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 (for Eligible Individuals)

#### **Who Can Apply for Be Smart?**

- U.S. citizens or documented immigrants
- North Carolina residents who:
  - ✓ Are not pregnant;
  - ✓ Are not incarcerated; or
  - Have an income at or below 195% 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 for sexually transmitted infections;
- Pap tests;
- Help on when or if 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?

- Emergency department/room services
- 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 office;
- Local health departments;
- Many community health centers; and
- Online at https://dma.ncdhhs.gov.

# How Long Does it Take to Get Approved?

Most applications are evaluated and processed within 45 days.