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
Department of Health and Human Services
www.ncdhhs.gov | https://dma.ncdhhs.gov
N.C. DHHS is an equal opportunity employer and provider.
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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.