



Iowa Department of Human Services

Family Planning Counseling

Why Family Planning Counseling?

Family planning counseling services can help you plan your family's future.

You should think about your family's job situation, income, and resources when deciding if you should have more children because:

- The size of your family may affect how quickly your family can make it on their own.
- Your family's size affects how much money you must have to meet your basic needs, such as food, clothing, housing, utilities, medical care, personal care and supplies, and household supplies.
- If you work or go to school, having more children may keep you from reaching your goals as quickly.
- More children may mean more child care costs.

Where Can I Get Family Planning Counseling?

You can get family planning counseling services from your doctor or a family planning clinic. Ask us for a list of clinics in your area.

Who Pays for Family Planning Counseling?

Family planning counseling is a Medicaid covered benefit. If you have Medicaid Fee-for-Service (FFS) coverage, you can go to any Iowa Medicaid provider.

If you have Medicaid coverage through a Managed Care Organization (MCO), you can go to any in-network provider. Contact your MCO for more information.

If you do not have Medicaid coverage, a family planning clinic may give you free services, or they may charge you a fee based on your income. Be sure to ask.