

## SoonerPlan

### Oklahoma's Free Family Planning Program

- Available to eligible uninsured men and women ages 19 or older
- Free birth control information and supplies
- Free office visits and physical exams related to family planning
- Free pregnancy tests and other lab work related to family planning, including Pap smears
- Free vasectomies and tubal ligations for men and women ages 21 and older

The Oklahoma State Department of Health is a SoonerPlan provider.

Go online for applications and more information at

[www.okhca.org/soonerplan](http://www.okhca.org/soonerplan)

or call 1-800-987-7767

or 1-800-757-5979 (TDD)

or contact your local health

department or the Oklahoma State

Department of Health at

[www.health.ok.gov](http://www.health.ok.gov)

or 405-271-4476.

Assistance with application is available.

## Take Charge! Program

is Oklahoma's Breast and Cervical Cancer Early Detection Program. For Oklahoma women who meet program guidelines, the Take Charge! Program may include:

- Cancer risk history
- Well-woman assessment
- Clinic breast exam
- Pap test and limited screening pelvic exam
- Education for lowering cancer risk
- Free Mammogram
- Referral and follow-up for women with abnormal results

For more information, call

405-271-4072 or 1-888-669-5934.

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## Confidential & Affordable

*Devoted to providing quality services to males & females of reproductive age*

## Family Planning Services



To locate the county health department nearest you, go to [www.health.ok.gov](http://www.health.ok.gov) or call 405-271-5600 or 1-800-522-0203.

## Family Planning Services

The Oklahoma Family Planning Program is devoted to providing family planning services to **males and females** of reproductive age. The program helps individuals make informed decisions regarding reproductive health and disease prevention.

Services are provided in part through Title X Family Planning funding.



Services are provided on a voluntary and confidential basis.

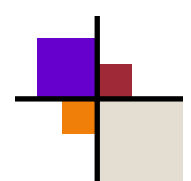
A sliding fee scale is used. Fees are based on family size and income. No one is denied services based on inability to pay.

### Services provided for females:

- Physical exams including
  - Pap smear
  - breast exam
- Screening, testing and treatment for STDs
- Information on different contraceptive methods available
- Pregnancy diagnosis and counseling
- Referrals

### Services provided for males:

- Physical exams including
  - testicular exam
- Screening, testing and treatment for STDs
- Education and counseling on
  - prevention of pregnancy
  - STDs



### Before and Between Pregnancy

Many things affect our health and play a role in having a healthy baby. Whether or not you're planning a pregnancy, follow these health tips:

- Know your family health history
- Live a healthy lifestyle
- Make healthy food choices
- Get regular health check-ups
- Maintain good mental health
- Know your pregnancy risks

### STD Testing

STD testing, treatment and/or referral services are available at your local county health department.

The "ABC" approach to HIV/AIDs prevention encourages Abstinence, Be faithful, and correct and consistent Condom use.