

## We're here for you!



Jenneffer Efew, Certified Nurse Practitioner

A nurse practitioner is a health care provider who can assist in your health needs and choices. If you have concerns about reproduction, ask our nurse practitioner today!

### **Our staff is committed to:**

- Providing confidential services
- Providing quality care
- Taking time to listen
- Answering your questions
- Addressing your needs

*This publication was supported by Award No 6FPHPA006340-01-02 from the Office of the Assistant Secretary of Health (OASH). Its contents are solely the responsibility of its authors and do not necessarily represent the official views of OASH.*

### Clinton County Branch Office

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St. Johns, MI 48879  
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FAX 989-227-3126

### Gratiot County Branch Office

151 Commerce Drive  
Ithaca, MI 48847  
989-875-3681  
FAX 989-875-1032

### Montcalm County Branch Office

615 N State Street; Suite 1  
Stanton, MI 48888  
989-831-5237  
FAX 989-831-3666

### Confidentiality

We take time to talk with you about your needs and concerns in a relaxed, private setting. All information is strictly confidential.

### Mission

We take action to protect, maintain and improve the health of our community.

### Vision

Advancing innovative solutions to achieve healthier outcomes.

[www.mmdhd.org](http://www.mmdhd.org)



## Family Planning Program



**Low cost. Quality care.**

*All services are strictly confidential*



It is important to us that you can find affordable, quality care you can feel good about. That's why our family planning services are available to everyone. **No one is denied service due to inability to pay.** While the Mid-Michigan District Health Department (MMDHD) primarily serves Clinton, Gratiot and Montcalm counties, you do not need to be a resident of these counties to participate in the Family Planning Program! In fact, we have many women who travel a great distance outside of their own counties to be seen in our clinics.

Fees are based on a sliding scale and payment is requested at the time of your visit.

Donations are needed and appreciated so we can keep this program available to you.

## Available Services

### *Birth Control/Education*

Education is an important part in helping you make a choice about birth control. We will help you learn more about your body and help you select the method(s) of birth control that are right for you.

Methods that you can choose from are:

- Abstinence (no sex)
- Condoms
- Spermicide
- Vaginal Ring
- IUD/IUS
- Nexplanon (implant)
- Depo-Provera (shot)
- Birth Control Pills
- Natural Family Planning
- Emergency Contraception
- Other options may be available

### *Pregnancy Testing*

Pregnancy testing results, as with all other family planning information, are highly confidential and will only be given to you in person.

### *Sexually Transmitted Infection Testing*

Male and female testing and treatment of sexually transmitted infections is also available. HIV testing is available and can be confidential or anonymous.

### *Exams*

First time and yearly exams are provided by the nurse practitioner with an appointment.

### *Referrals*

Referrals can be made for additional services as needed.

## *~ Client Comments ~*

*"Family Planning has made a positive difference by allowing me to get birth control at an affordable cost. No babies at my age is a priority."*

*"I really like coming here. Great people, very friendly."*

*"Great service, awesome staff. Thanks for making me feel comfortable and for being easy to talk to."*

*"What a great staff! I drive from Detroit because you are a happy bunch and I feel comfortable here."*

*"I don't have health insurance and this is the only way I can afford birth control. Everyone in the office is helpful and I am grateful that this is available."*

*"One of the most friendly clinics I've been to."*