



Quality, affordable care you can trust

It is important to us to provide residents with quality family planning services. That's why our family planning services are available to everyone, both male and female, no matter where you live. 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 our Family Planning Program.

Fees charged for services are based on a sliding scale, according to your income. Payment is requested at the time of your visit, but no one is denied service due to inability to pay.

AVAILABLE SERVICES

Birth Control and Education

Our staff will help you select the form of birth control that is right for you by providing education and answering any questions you may have. We offer the following birth control options:

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

Exams

Yearly exams are provided by our Nurse Practitioner.



Pregnancy Testing

Pregnancy tests and results are always kept confidential.

Sexually Transmitted Infection (STI) Testing

Sexually transmitted infection testing is available for males and females. HIV testing is also available.

Referrals

Referrals can be made for additional services, if needed.

Our Pledge to You

We are committed to:

- ☒ Listening to your questions and concerns.
- ☒ Providing quality care you can afford.
- ☒ Addressing your family planning needs.
- ☒ Confidentiality.

Meet our Provider!



Jenniffer Efaw, FNP-C

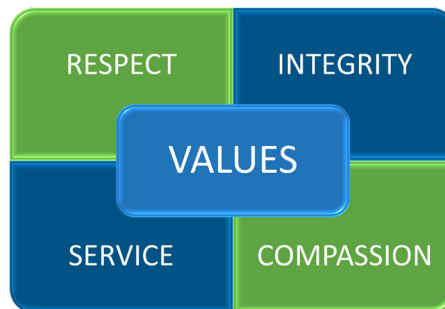
A Certified Nurse Practitioner is a health care provider who can assist in your health needs and choices. If you have concerns about reproduction, ask our nurse practitioner today!

Our Mission

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

Our Vision

Advancing personal & community-based solutions to achieve healthier outcomes.



*This institution is an equal opportunity provider.
This publication was supported by Award No. 45CFR 74.36; Notice of Grant Award 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.*

Mid-Michigan District
HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM



CLIENT SATISFACTION



Client satisfaction is very important to us. We invite you to take our client satisfaction survey which can be found at:
www.mmdhd.org/survey

CONNECT WITH US!



mmdhealthdepartment



/MMDHD



@MMDHD2

Visit our Website!
www.mmdhd.org

CONTACT US

Clinton County Branch Office

1307 E. Townsend Road, St. Johns, MI 48879
Phone: 989-224-2195 | Fax: 989-227-3126

Gratiot County Branch Office

151 Commerce Drive, Ithaca, MI 48847
Phone: 989-875-3681 | Fax: 989-875-1032

Montcalm County Branch Office/ Administration

615 N. State Street, Stanton, MI 48888
Phone: 989-831-5237 | Fax: 989-831-3666

Serving our community since 1966

Family Planning