

## REDUCED COST BIRTH CONTROL

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There are several options available for assisting your patient to access reduced cost birth control options. Try to problem solve with the patient by exploring all of their options.

If your patient has questions you are unable to answer please refer them to [SHORE Centre](#) by calling 519-743-9360.

### For Those Who Are 24 And Under

**Region of Waterloo Public Health** offers subsidized birth control (pill, patch, ring, injection, IUD). A patient can make an appointment or find out information about drop-in clinics by calling 519-883-2267 or by visiting the public health [website](#).

### For Students

#### Public High Schools in the Waterloo Region District School Board

- All **public high schools** within Waterloo Region have a public health nurse on site for one afternoon each week. The nurse can prescribe and dispense *most* methods of birth control right at the school

#### Wilfrid Laurier University, University of Waterloo and Conestoga College

- Have pharmacies where prescriptions can be filled
- Offer student insurance to help cover the cost of prescriptions

### For Anyone

#### Does the patient have health insurance through any of the following?

- School health benefits plan (university and college students)
- Parent or guardian
- Employer
- Ontario Works (OW) – advise patient to talk to their OW worker
- Ontario Disability Benefits Plan (ODSP) – advise patient to talk to their ODSP worker

#### Compassionate Contraceptive Assistance Program

- Any physician can register [here](#). This program provides birth control to those who may not otherwise be able to afford birth control with access to it. Most methods available (pill, patch, ring, injection, IUD, IUS). Supply is limited.