



Preventing Unplanned Pregnancy and Completing College
LESSON THREE: MAKE A PLAN AND TAKE ACTION

Birth Control Action Plan Worksheet

Step Checklist	Action	Resources (Additional information/ suggested resources)	Target date
1.	Determine my preferred birth control method(s). Write it (or them) here:	Completed <i>Lesson Three Study Guide</i>	
2.	Prepare to talk to my partner about birth control. Write a list of questions and statements I plan to discuss:	Completed <i>Lesson Three Study Guide</i>	
3.	Determine how I can obtain my preferred birth control method(s): healthcare provider and/or over-the-counter. Write it here:	Completed <i>Lesson Three Study Guide</i>	
4.	If I have health insurance, determine if my health insurance plan covers my preferred birth control method (answer yes or no):	<ul style="list-style-type: none"> • Completed <i>Lesson Three Study Guide</i> • Health insurance plan website • My employer, spouse's employer, or parents' employer 	
5.	If I don't have health insurance, do I qualify for free birth control? If so, where can I obtain it?	Completed <i>Lesson Three Study Guide</i>	
6.	What is the approximate cost of my preferred birth control method(s)?	<ul style="list-style-type: none"> • Completed <i>Lesson Three Study Guide</i> • On-campus clinic or other healthcare provider • Pharmacist or drugstore • Health insurance provider 	
7.	Does my college have a health center on campus, and does it provide my birth control method(s)?	<ul style="list-style-type: none"> • Completed <i>Lesson Three Study Guide</i> 	
8.	If I need to see a healthcare provider off-	<ul style="list-style-type: none"> • Completed <i>Lesson Three Study</i> 	

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	campus to obtain my preferred method, write the name, address, and phone number of the doctor or healthcare provider I want to see.	<i>Guide</i> <ul style="list-style-type: none"> Ask a friend or family member 	
9.	If I need to see a healthcare provider, call and make an appointment. Go to Bedsider to set up a reminder and write my appointment date here:	www.bedsider.org/reminders	
10.	Prepare to talk to my healthcare provider about birth control. Write a list of questions and statements I plan to discuss:	Completed <i>Lesson Three Study Guide</i>	
11.	If I chose an over-the-counter birth control method, write where I plan to purchase it:	<ul style="list-style-type: none"> Completed <i>Lesson Three Study Guide</i> Bedsider's "Getting Birth Control Over-the-Counter" article 	
12.	If I receive a prescription for my birth control, write where I plan to fill it:	<ul style="list-style-type: none"> Ask your doctor Bedsider's "How to Get a Prescription Filled" article 	
13.	Go to Bedsider website and set up reminders such as periodic shots, patch changes, doctors' appointments, prescription refills, etc.	www.bedsider.org/reminders	
14.	Identify where I can obtain emergency contraception if I should need it. Write it here:	<ul style="list-style-type: none"> Completed <i>Lesson Three Study Guide</i> http://bedsider.org/where_to_get_it 	
15.	Stay informed. What resources on the right will you use to stay informed?	Become a Bedsider Insider at Bedsider.org/Insider . Bedsider <ul style="list-style-type: none"> Bedsider.org On Facebook On Twitter (@Bedsider) Other Websites <ul style="list-style-type: none"> https://powertodecide.org test.sfsi.org www.ItsYourSexLife.com 	
16.	Other:		