

## California Sexual and Reproductive Health Care – Insurance Coverage

California has a network of laws, programs, and services designed to meet the sexual health care needs of adolescents. **These include:**

**Mandatory comprehensive sexual health education** in public middle and high schools

**Consent rights** that allow adolescents who need it to confidentially access care

A network of clinics that provide **sexual health services** to address adolescent needs

**Public funding streams** for sexual health services to ensure free access

**Trustworthy information** for teens and adult caregivers



In California, the availability of three different public funding programs means that **a full range of sexual and reproductive health services is available to adolescents at no cost.**

**Medi-Cal**

**Family PACT**

**Title X**

### Medi-Cal

Standard of Care: California has adopted the **AAP Bright Futures Guidelines** as the standard of care in the state Medi-Cal program. Bright Futures recommends the following:

- Requires annual health visits for teens
- Recommends confidential time with the provider at each health maintenance visit to discuss sexuality, sexual health promotion, and risk reduction
- Includes coverage for anticipatory guidance, referrals and follow ups for sexual health as necessary



#### Covered Services:

- When services are necessary, Medi-Cal covers **confidential family planning, prenatal care, abortion, and STI services for adolescents for free** with no co-pays.

#### Provider Choice:

- Federal Medicaid regulations, which apply to California’s Medi-Cal program, allow patients to choose their **provider of choice** for sexual and reproductive health care (i.e. they are not required to see primary care physician for these services if they prefer another provider).
- There is **no need for referral from primary care** – patients can go directly to a sexual and reproductive health specialist for care.

For more information on Bright Futures: <https://brightfutures.aap.org/states-and-communities/Pages/California.aspx>

For more information on Medi-Cal: NHeLP, *Reproductive Health Care Coverage in Medi-Cal*, <http://www.healthlaw.org/storage/documents/NHeLP-ReproHC-MediCal-Web-F.pdf>

### Family PACT

The **California Office of Family Planning (OFP)** is charged by the California Legislature “to make available to citizens of the State who are of childbearing age comprehensive medical knowledge, assistance, and services relating to the planning of families”.

- The OFP administers the **Family Planning, Access, Care, and Treatment (Family PACT) program**. Family PACT is California’s innovative approach to provide comprehensive



family planning services to eligible low income (under 200% federal poverty level) Californians.

#### Covered Services:

- Services include **comprehensive education, assistance, and services relating to family planning.**
- Family PACT benefits include all FDA-approved contraceptive methods and supplies, STI testing and treatment, HIV screening, and cervical cancer screening.
- **There are over 2,200 public and private Family PACT providers in California.**

For more information on Family PACT: <http://www.familypact.org/Home/home-page>

## **Title X Family Planning**

The **federal Title X program** funds family planning services for individuals of childbearing age, including adolescents. It is the nation's only dedicated source of federal funding for family planning services.

#### Administration:

- Title X is administered by the national Office of Population Affairs (OPA), which provides funding to **Essential Access Health (EAH)** to re-grant to health care providers throughout California.
- Throughout California, Title X serves nearly 1,000,000 women, men and teens through
  - **61 health care organizations** operating nearly
  - **356 health centers** in
  - **37 of California's 58 counties.**
- EAH has an online clinic finder map available at [www.TeenSource.org](http://www.TeenSource.org).



#### Covered Services:

- Title X-funded health centers must provide a **range of confidential preventive health services** including contraceptive services, pregnancy testing, pelvic exams, screening for breast and cervical cancer, screening for STDs including HIV/AIDS, basic infertility services, health education and referrals for other health and social services.
- Title X funds also support critical activities that are not reimbursable under Medi-Cal or commercial insurance, such as staff salaries, infrastructure improvements, individual patient education, and community outreach.

#### Coordination of Care:

- **Title X and the Family PACT program in California are coordinated** to ensure comprehensive and available care.
- Title X funds outreach and education and connects individuals to health centers, while Family PACT provides direct reimbursement to clinics.
- This combination has reduced unintended pregnancy rates in California by over 70% since the 1990's.