

Youth Education on Contraception Access via Telemedicine

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BACKGROUND

The COVID-19 pandemic led to increased availability of contraception through telemedicine, but prior research showed young people did not know how to access contraception via telemedicine. We developed a visual education card to increase youth knowledge of such services.

METHODS

1. Recruited 35 participants of all genders aged 19-25 from community colleges in CA
2. Participants reviewed educational card
3. Pre-post survey and semi-structured interviews (N=35)
4. Youth feedback used to modify & improve card

RESULTS

- After viewing card, knowledge about what telehealth is increased from 60% to 100% and knowing how to get birth control without going to a clinic increased from 37% to 97%
- Participants agreed card was useful, taught them new things, & they would share the information with friends

DISCUSSION

This visual educational card improves youth knowledge of telehealth for contraception. As telehealth continues to expand, such materials may play an important role in addressing knowledge barriers amongst this population.

ACKNOWLEDGEMENTS

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Scan to see previous version of card



University of California San Francisco



Young adults can learn more about accessing birth control with this visual tool.

Birth Control from anywhere!

Did you know you can get a birth control prescription through a phone or video appointment? aka "telehealth"!

How does it work?
Call a clinic and ask for a phone or video appointment. They will tell you what's available, and how to do it.

Where do I get my prescription?
Ask if the clinic can mail it to you, or pick it up at a pharmacy.

What if I need a new doctor?
Use this website to find a nearby clinic offering contraception:



Which methods can I get without going to a clinic?



Condoms
also at drugstores & websites like Amazon



Pill



Patch



Ring



Plan B



DIY Shot

Birth Control Online!

Did you know you can get birth control through an online company?

How does it work?

- Answer some questions about your health online, and then a doctor will review your information.
- They might ask for your blood pressure, which you can check at a pharmacy.

Can I get help choosing a birth control method?
Yes! You can get help from a licensed healthcare provider.

How do I find a company?

- There are many online companies.
- They vary in cost, whether they take insurance, the methods they offer, and the states they serve.

Use this website to search for a company that delivers to your area:



Cost?
It depends on the company. With insurance, your birth control could be free. Without insurance, a pack of pills could be as low as \$7.
Some companies may charge a yearly service fee of about \$20.

Which methods do online companies offer?



Condoms
also at drugstores & websites like Amazon



Pill



Patch



Ring



Plan B



DIY Shot