



ARE YOU THINKING AHEAD?

Reproductive Life Planning Guide: Birthing or Child-Free People

Welcome to your reproductive planning guide! Thinking about planning for a family or not can be a daunting task, but this guide will help you think through your options. Whether you are starting to think about having children or are looking for ways to prevent pregnancy, this guide will provide you with valuable information and resources to make informed decisions about your reproductive health. Let's get started!

Your plan depends on your personal goals and can adjust as you grow. Use this reproductive life planning guide to help you think about your goals for having or not having children and how to achieve these goals.

Why Do You Need A Reproductive Life Plan?

Having a plan for the future can save you time, money, and stress. Crafting a reproductive life plan can help you make informed decisions about your reproductive health and future. The process allows you to consider your personal goals, values, and circumstances concerning family planning, contraception, and fertility. A reproductive life plan can also help you avoid unintended pregnancies, plan for desired pregnancies, and reduce the risk of complications during pregnancy and childbirth.



My Reproductive Life Plan

Before you complete your reproductive life plan, think about your major life goals such as school, travel, and career. Now think about how a child or children fit in with those goals. If you do want to have children in the future, think about when and how you want to become pregnant.

To create a reproductive life plan, consider your answers to the following questions and reveal our recommendations that may best suit your goals:





Take Action

Schedule A Wellness Visit

A 'Wellness Visit' is an annual appointment with your health or primary care provider to check your physical and mental well-being and to prevent future health problems. These are also known as "preventive visits." Find a provider you like, share your plan, and make them part of your reproductive planning team.

One good place to start your search for a primary care provider is with your health insurance plan, if you have one. Many plans maintain a list of primary care providers in your area. If you need to find a primary care provider check out the following healthcare providers or tools to find a provider that fits your needs.

- [Atrium Health Wake Forest Baptist](#)
- [Eagle Physicians](#)
- [Cone Health](#)
- [Guilford County Department of Health and Human Services \(GCDHHS\)](#) - The Guilford County Department of Public Health provides a wide range of adult health services. Some of the services are designed to address the healthcare needs of all Guilford County residents and all services are designed to meet the needs of uninsured/underinsured low income residents. Some services are available to any resident of North Carolina, call [336-641-7777](tel:336-641-7777) for details.
- **Primary Care for Medicaid Carolina Access Women** - is available through the Guilford County Department of Public Health. As primary care providers for the North Carolina Medicaid Carolina Access Medicaid Managed Care program, women may designate the Women's Health clinic as their primary care provider. Please call [336-641-3245](tel:336-641-3245) For an appointment in either Greensboro or High Point. *Information available in English and Spanish.*
- Use the search tool [Find a Doctor \(Medicaid\)](#) or call [888-245-0179](tel:888-245-0179) - For Medicaid or NC Health Choice beneficiaries who have received a letter from the North Carolina Department of Health and Human Services (NCDHHS).

Commit to a Healthy Lifestyle Before Pregnancy

Staying active and eating nutritious foods before pregnancy or preconception is important because it helps establish healthy habits that can last a lifetime and lays the foundation for a healthier pregnancy when you are ready. A balanced and nutritious diet can also provide essential nutrients for growth and development,



support a healthy immune system, and prevent health problems for you and your future baby. By adopting healthy habits early on, you can establish a foundation for a healthy lifestyle and reduce their risk of health problems for your family.

Review Resources for your Family Planning and/or Health Goals

- **Life in 24** - a Diabetes Prevention Program to help people who have pre-diabetes or who are at high risk for Type 2 diabetes make realistic and achievable lifestyle changes that can cut their risk of developing Type 2 Diabetes by 50%. [Take this pre-diabetes test](#) to evaluate your risk for developing diabetes. For further information about the program, please contact Alexis Powell at APowell2@guilfordcountync.gov.
- **Family Planning Services** - provides a full range of birth control options plus education and counseling. New patient visits and annual return visits include a complete examination, pap test as indicated, and other laboratory as indicated. Included is our [Regional Vasectomy Program](#) for men. PLEASE CALL [336-641-3245](tel:336-641-3245) FOR AN APPOINTMENT IN EITHER GREENSBORO OR HIGH POINT. *Information available in English and Spanish.*
- **Adult Immunizations** - are available, usually for a fee. Please call [336-641-3245](tel:336-641-3245) for details. PLEASE CALL [336-641-3245](tel:336-641-3245) FOR AN APPOINTMENT IN EITHER GREENSBORO OR HIGH POINT.
- **Sexually Transmitted Infection** appointments, including HIV testing, are available daily (weekdays, except holidays). Call early as same-day appointments are limited. For an appointment in either Greensboro or High Point, call [336-641-3245](tel:336-641-3245). Services are confidential and free of charge. PLEASE CALL [336-641-3245](tel:336-641-3245) FOR AN APPOINTMENT IN EITHER GREENSBORO OR HIGH POINT.
- **Piedmont Health Services and Sickle Cell Agency** - for educational resources and testing in Greensboro and High Point.
- **Medication Assistance Program** - serves as a link between pharmaceutical companies and patients to provide low cost or free prescription medications. This service is available for residents who meet certain income restrictions and have no insurance coverage. PLEASE CALL [336-641-8030](tel:336-641-8030) (GREENSBORO) OR [336-641-7620](tel:336-641-7620) (HIGH POINT) FOR MORE INFORMATION.

Revisit Your Reproductive Life Plan

Your plan is unique to you and should adjust as your needs change with life. Revisit this guide as often as you need to work through your health and reproductive planning goals.