

# It's YOUR Future. YOU DECIDE.

FOR MORE INFORMATION  
ON THE IFPN CALL:

**1-800-369-2229**

Start your family when  
you're ready.

Protect yourself  
from sexually  
transmitted diseases.

Make healthy choices  
for a better life.

The Iowa Family Planning  
Network is a service of  
the Iowa Department of  
Human Services.

Iowa Family Planning  
Network is a Medicaid  
waiver program that will  
end \_\_\_\_ unless it is  
extended.

Contact your family  
planning clinic, the  
Healthy Family Hotline  
or local DHS office.

COMM 249 (02/06)



It's  
**YOUR**  
future.  
Are you  
ready?

Are you ready  
to be a parent?

Are you ready to use  
birth control?

Are you ready to  
decide your future?

**FREE**  
Birth Control  
Services  
for Women

The Iowa Family Planning  
Network (IFPN) provides **FREE**  
and **CONFIDENTIAL** services  
for Iowa women.

- Annual birth control exams
- Most types of birth control
- Testing for pregnancy
- Limited testing and treatment for sexually transmitted diseases
- Voluntary female sterilization

**FREE** services.

Available through:

- Family planning clinics
- Private doctors
- Federally qualified health centers
- Rural health centers

To see where you can get other  
low cost or free care call your  
local Department of Human  
Services office.