

# Free the Pill

| Online Prescribing Platform   | Age Limitations* | Location Limitations (for prescribing, not delivery)   | Cost and Insurance  |
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| <a href="#">Alpha Medical</a> | 18+              | Available in Washington, D.C. and all states <b>except:</b> Indiana and New Mexico   | <p><b>Consult/Prescription Fee:</b> \$15-\$30, free at certain membership levels</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$15 a pack</p> <p><b>Insurance Coverage of Pill:</b> Accepts insurance. Partner pharmacy is a closed network for Tri-Care, Kaiser, and Cigna. If you have these insurances, you can still register with Alpha and select External Pharmacy to have your prescription sent to your preferred local pharmacy. Does not accept Medicaid or Medicare.</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, and emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> STI testing, screening and counseling for breast cancer, HIV, and cervical cancer, mammogram and pap smear scheduling, endometriosis treatment, polycystic ovarian syndrome treatment, and menstrual care</p> <p><b>Other Information:</b> Prescriptions are valid for 12 months. Patients need to fill out a health questionnaire and chat with a physician for an assessment of risks, benefits and appropriate birth control method.</p> |
| <a href="#">Blink Health</a>  | 18-49            | Available in Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Florida, Georgia, Idaho, Illinois, Iowa, Kansas, Kentucky, Maine, Massachusetts, Michigan, Mississippi, Missouri, Nebraska, New York, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Dakota, | <p><b>Consult/Prescription Fee:</b> \$10 for the first month, then \$9.95 per month + cost of medication</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$9.95 a pack + the cost of refills</p> <p><b>Insurance Coverage of Pill:</b> Accepts insurance</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> N/A</p> <p><b>Other Information:</b> Only available for women who have taken birth control pills before. Packs comes in either a 1-month or 3-</p>   |

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|                    |       | Tennessee, Texas, Vermont, Washington, Wyoming  | month supply and can be auto-refilled each month. Must subscribe to a \$9.95 monthly subscription that covers free shipping and access to online doctors.  |
| <u>Choix</u>       | 13-49 | Available in California                         | <p><b>Consult/Prescription Fee:</b> \$15</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Depends on product and pharmacy price</p> <p><b>Insurance Coverage of Pill:</b> Accepts insurance</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> Medication abortion services, treatment for urinary tract infection</p> <p><b>Other Information:</b> Patients need to fill out a health questionnaire. All communication with providers is done by phone, text, or email.</p>  |
| <u>GoodRx Care</u> | 18-50 | Available in all 50 states and Washington, D.C. | <p><b>Consult/Prescription Fee:</b> \$49 single visit, \$19 with membership</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Depends on product and pharmacy price</p> <p><b>Insurance Coverage of Pill:</b> Insurance may be used when retrieving medicine from pharmacy, depending on the pharmacy</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, birth control shot, internal condoms</p> <p><b>Other Sexual and Reproductive Health Services:</b> Treatment for urinary tract infection, herpes, and erectile dysfunction, HIV testing, pregnancy testing</p> <p><b>Other Information:</b> Prescriptions are valid between 3-12 months. Patients need to fill out a health questionnaire and chat with a physician for an assessment of risks, benefits, and appropriate birth control method.</p> |

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| <p><u>Hers</u></p>     | <p>18-50</p>                            | <p>Available in all 50 states and Washington, D.C.</p>  | <p><b>Consult/Prescription Fee:</b> Free, then \$5 per follow-up consult</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Subscription plans start at \$12 per month</p> <p><b>Insurance Coverage of Pill:</b> Insurance is not accepted</p> <p><b>Other Contraceptive Methods Prescribed:</b> N/A</p> <p><b>Other Sexual and Reproductive Health Services:</b> Treatment for yeast infection, urinary tract infection, and genital herpes</p> <p><b>Other Information:</b> Prescription length can vary depending on pill type. Patients need to fill out a health questionnaire and consult with a health care provider in order to receive prescription treatment.</p> |
| <p><u>Lemonaid</u></p> | <p>18+</p>                              | <p>Available in all 50 states and Washington, D.C.</p>  | <p><b>Consult/Prescription Fee:</b> \$25</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$15 a pack for home delivery (cost may vary if picking up at a pharmacy)</p> <p><b>Insurance Coverage of Pill:</b> Accepts insurance</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring</p> <p><b>Other Sexual and Reproductive Health Services:</b> Treatment for urinary tract infection, genital herpes, erectile dysfunction, and STI testing</p> <p><b>Other Information:</b> Prescriptions are written for 12 months. Patients need to fill out a health questionnaire.</p>                                    |
| <p><u>Nurx</u></p>     | <p>13+<br/>(Depending on state law)</p> | <p>Available in Washington, D.C. and all states <b>except:</b> Alaska, Arizona, Arkansas, Delaware, Hawaii, Kansas, Louisiana, Mississippi, Nevada, New</p> | <p><b>Consult/Prescription Fee:</b> \$15</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> \$15</p> <p><b>Insurance Coverage of Pill:</b> Accepts most forms of insurance; coverage depends on plan</p>  |

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|                                  |                              | Hampshire, North Dakota, Oklahoma, Rhode Island, West Virginia, Wyoming  | <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, ring, and shot, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> PrEP, STI testing and treatment, and HPV screening</p> <p><b>Other Information:</b> Prescriptions are valid for a year with automatic refills. Patients need to fill out a health questionnaire. Requires video consultations in accordance with some state laws.</p>  |
| <u>Pandia Health</u>             | Depends on state law         | <p>Available in all 50 states if you already have an active prescription.</p> <p>Available in Arizona, California, Colorado, Florida, Georgia, Illinois, Michigan, Nevada, Tennessee, Texas, Pennsylvania, Washington, and Wyoming if you need a new prescription.</p> | <p><b>Consult/Prescription Fee:</b> \$20</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$15 per pack</p> <p><b>Insurance Coverage of Pill:</b> Pills may be covered by insurance, although co-pay or deductibles vary depending on plan and brand of product selected. Pandia Health accepts most forms of insurance. Does not accept Cal Optima, Care, Humana, Kaiser, Sunshine Health, StayWell, or Tricare.</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> N/A</p> <p><b>Other Information:</b> Prescriptions are valid for 12 months. Patients need to fill out a health questionnaire, which is reviewed by a doctor before a prescription is written. The doctor may contact the patient if there are any questions or concerns. Pandia also has <a href="#"><u>a financial aid program</u></a> which offers free doctor consultations and a prescription for up to six months of birth control pill medication in all nine states.</p> |
| <u>Planned Parenthood Direct</u> | 12+ (Depending on state law) | <p>Available in Washington, D.C. and all states <b>except:</b> Alabama, Louisiana, Massachusetts, Mississippi, New Hampshire, North Carolina, Oregon, South Carolina,</p>  | <p><b>Consult/Prescription Fee:</b> \$0 when ordering by mail, \$15-25 for pharmacy pick up (cost varies by state)</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$20 per pack</p> <p><b>Insurance Coverage of Pill:</b> Medicaid plans are accepted in Michigan, Minnesota, and Washington state. For all other states, insurance is not accepted at this time.</p>   |

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|                   |  | Tennessee, West Virginia, Wyoming  | <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> Treatment for urinary tract infection</p> <p><b>Other Information:</b> Prescriptions are valid for 12 months. Patients must complete a health assessment.</p>  |
| <u>PlushCare</u>  | 18+ (Under 18 must have guardian approval) | Available in all 50 states and Washington, D.C.                            | <p><b>Consult/Prescription Fee:</b> Cost of your copay with insurance, \$119 + membership fee without insurance</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$18 per pack</p> <p><b>Insurance Coverage of Pill:</b> Check with pharmacy or consult their online <a href="#">insurance checker</a> to determine insurance coverage</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, ring, implant, shot, IUD</p> <p><b>Other Sexual and Reproductive Health Services:</b> PrEP and STI testing</p> <p><b>Other Information:</b> Patients need to fill out a health questionnaire. Requires an initial video or phone visit with a provider.</p> |
| <u>PRJKT RUBY</u> | 18+  | Available in all states <b>except:</b> North Carolina and Washington, D.C. | <p><b>Consult/Prescription Fee:</b> Free</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills are a flat rate of \$20 per pack</p> <p><b>Insurance Coverage of Pill:</b> Insurance is not accepted. Can use Flexible Savings Account (FSA) card.</p> <p><b>Other Contraceptive Methods Prescribed:</b> Emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> N/A</p> <p><b>Other Information:</b> Initial prescription is valid for three months; if there are no issues after these first three months, a patient can auto-refill their prescription for a year. Patients need to fill out a health questionnaire.</p>                                 |

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| <p><u>The Pill Club</u></p>      | <p>14+<br/>(Depending on state law)</p>     | <p>Available in Washington, D.C. and all states <b>except:</b> Alaska and Mississippi</p>   | <p><b>Consult/Prescription Fee:</b> Free with insurance, \$15 without</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Covered but may require copay, depending on plan</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$6.99 per pack</p> <p><b>Insurance Coverage of Pill:</b> Insurance may cover medication. Accepts most insurance plans including Medi-CAL and Family PACT. Takes select Medicaid plans in certain states. Can use FSA/HSA cards.</p> <p><b>Other Contraceptive Methods Prescribed:</b> Emergency contraception, internal condoms</p> <p><b>Other Sexual and Reproductive Health Services:</b> N/A</p> <p><b>Other Information:</b> Prescriptions are valid for 12 months. Patients need to fill out a health questionnaire.</p>   |
| <p><u>Simple Health</u></p>      | <p>13+<br/>(Depending on state law)</p>     | <p>Available in Alabama, California, Colorado, Connecticut, Florida, Georgia, Idaho, Illinois, Iowa, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, New York, North Carolina, North Dakota, Ohio, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Washington, Wisconsin, Wyoming</p> | <p><b>Consult/Prescription Fee:</b> \$20</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$7 per pack</p> <p><b>Insurance Coverage of Pill:</b> Accepts almost all major insurance plans and Medicaid in some states</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch and ring, emergency contraception, and internal condoms</p> <p><b>Other Sexual and Reproductive Health Services:</b> N/A</p> <p><b>Other Information:</b> Prescriptions written for 12 months. Services offered to minors 13+ (with exceptions specific to certain state laws). Will let you know if medication is covered by insurance before the order is processed, giving you a chance to opt out if you don't want to pay out of pocket.</p> |
| <p><u>Twentyeight Health</u></p> | <p>13+<br/>(Depending on state law. May</p> | <p>Available in Alabama, Arizona, California, Colorado, Washington, D.C.,</p>   | <p><b>Consult/Prescription Fee:</b> \$20</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p>   |

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|                  | require guardian approval.) | Florida, Georgia, Illinois, Iowa, Kansas, Kentucky, Maine, Maryland, Michigan, Minnesota, Missouri, Nebraska, Nevada, New York, New Jersey, North Carolina, Ohio, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Washington, Wyoming | <p><b>Pill Cost (without insurance):</b> Pills start at \$16 a pack</p> <p><b>Insurance Coverage of Pill:</b> Accepts all major insurance, including Medicaid in select states</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, birth control ring, emergency contraception, and internal condoms</p> <p><b>Other Sexual and Reproductive Health Services:</b> N/A</p> <p><b>Other Information:</b> Prescriptions are valid for 12 months. Automatic refills. Patients need to fill out a health questionnaire. Optional (free!) phone call with a doctor available. Can add emergency contraception to your first birth control order—often \$0 with insurance, \$30 without.</p>   |
| <u>Virtuwell</u> | 18-39                       | Available in Arizona, California, Colorado, Connecticut, Iowa, Michigan, Minnesota, New York, North Dakota, Pennsylvania, South Dakota, Virginia, and Wisconsin   | <p><b>Consult/Prescription Fee:</b> \$59 without insurance</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Covered, but may require copay or deductible depending on plan. Medicaid not accepted.</p> <p><b>Pill Cost (without insurance):</b> Depends on the type of birth control prescribed, the pharmacy chosen, and insurance coverage. Not included in \$59 consult fee.</p> <p><b>Insurance Coverage of Pill:</b> Check pharmacy for insurance coverage</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch and ring, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> Treatment for urinary tract infection, bacterial vaginosis, mastitis, genital herpes, and yeast infection</p> <p><b>Other Information:</b> For new users of birth control, an initial prescription is for three months; if there are no issues after these first three months, a 12-month prescription can be provided. For previous or current users of birth control, a 12-month prescription can be issued with a blood pressure reading. Patients need to fill out a health questionnaire.</p> |
| <u>Wisp</u>      | 13+ (Depending              | Available in all 50 states (shipping to Alaska is not free)   | <p><b>Consult/Prescription Fee:</b> Free (some pharmacies may charge a fee of \$5-20 at pickup)</p>  |

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|   | on state law) |  | <p><b>Insurance Coverage of Consult/Prescription Fee:</b> N/A</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$11 per month. First month free for new subscribers.</p> <p><b>Insurance Coverage of Pill:</b> Accepts insurance</p> <p><b>Other Contraceptive Methods Prescribed:</b> Emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> STI testing and treatment for urinary tract infection, bacterial vaginosis, genital herpes, and yeast infection</p> <p><b>Other Information:</b> Prescriptions are valid for three months. Patients need to fill out a health questionnaire.</p>  |
| <a href="#"><u>121doc Online Clinic</u></a> | 18+           | Available in Brazil, Switzerland, and UK |  |
| <a href="#"><u>Ease</u></a>                 | 16+           | Available in Singapore                   | <p><b>Consult/Prescription Fee:</b> \$20</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> Not covered</p> <p><b>Pill Cost (without insurance):</b> Pills start at \$23 a pack</p> <p><b>Insurance Coverage of Pill:</b> Insurance is not accepted</p> <p><b>Other Contraceptive Methods Prescribed:</b> Birth control patch, emergency contraception</p> <p><b>Other Sexual and Reproductive Health Services:</b> Treatment for urinary tract infection, yeast infection, and bacterial vaginosis. HIV and STI testing.</p> <p><b>Other Information:</b> Pills available in 1-, 3-, or 6-month bundles at discounted prices. Pills can be shipped within 24 hours for an additional \$20.</p> |
| <a href="#"><u>euroClinix</u></a>           | 18+           | Available in Brazil, Switzerland, and UK |  |
| <a href="#"><u>Kin</u></a>                  | 16+           | Available in Australia                   | <p><b>Consult/Prescription Fee:</b> Free</p> <p><b>Insurance Coverage of Consult/Prescription Fee:</b> N/A</p>   |



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|                         |     |   | <p><b>Pill Cost (without insurance):</b> \$55 year-long membership plus pharmacy cost</p> <p><b>Insurance Coverage of Pill:</b> N/A</p> <p><b>Other Contraceptive Methods Prescribed:</b> N/A</p> <p><b>Other Sexual and Reproductive Health Services:</b> Fertility tests and planning, pregnancy and birth consultation, postpartum and breastfeeding consultation</p> <p><b>Other Information:</b> Patients need to fill out a health questionnaire and have a text-based consultation with a health care provider.</p> |
| <u>Lloyds Pharmacy</u>  | 18+ | Available in UK   |  |
| <u>PharmaDoctor</u>     | 17+ | Available in UK   |  |
| <u>Women Help Women</u> | N/A | Available in areas <b>except:</b> American Samoa, Antarctica, Austria, Belarus, Bouvet Island, British Indian Ocean Territory, Canada, China, Christmas Island, Cocos Islands, Czech Republic, Denmark, Germany, Greenland, Guam, Guinea Bissau, Heard and McDonald Islands, India, Kosovo, Netherlands, North Korea, Tuvalu, United States, United States Minor Outlying Islands, Virgin Islands (USA) |  |
| <u>Women on Web</u>     | n/a | Available in countries without access to safe abortion only   |  |

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| <u>Zava</u> | 18+ | Available in Germany |  |
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Please send us your feedback if you have used any of these sites: [freethepill@gmail.com](mailto:freethepill@gmail.com).

*\*It is possible state laws and online platform policies may have changed since this chart was updated on December 1, 2021.*

*\*Contraceptive services are legally available to **ALL people under 18** in Alaska, Arizona, Arkansas, California, Colorado, Washington, D.C., Georgia, Idaho, Iowa, Kentucky, Maine, Maryland, Massachusetts, Minnesota, Montana, New Mexico, New York, North Carolina, Oregon, Pennsylvania, Tennessee, Virginia, Washington, and Wyoming; **ALL people 14 and older** in Hawaii; and **SOME people under 18** in Alabama, Connecticut, Delaware, Illinois, Indiana, Kansas, Louisiana, Michigan, Mississippi, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, Oklahoma, South Carolina, South Dakota, Texas, Utah, Vermont, and West Virginia.*

*The following states do not have an explicit policy on whether people **under 18** have the authority to consent to contraceptive services: North Dakota, Ohio, Rhode Island, and Wisconsin.*

*Physicians may (but are not required to) inform a young person's parents about their use of contraception in Delaware, Hawaii, Kentucky, Maine, Maryland, Minnesota, Montana, Oklahoma, and Oregon. <sup>1</sup>*

<sup>1</sup> Guttmacher Institute. (2021, November 1). Minors' Access to Contraceptive Services. Retrieved from <https://www.guttmacher.org/state-policy/explore/minors-access-contraceptive-services#>