

## We're here for you!

### Our staff is committed to:

- Providing confidential services
- Providing quality care
- Taking time to listen
- Answering your questions
- Addressing your needs

A nurse practitioner is a health care provider who can assist in your health needs and choices. If you have concerns about reproduction, ask one of our nurse practitioners today!

### Confidentiality

We take time to talk with you about your needs and concerns in a relaxed, private setting.

All information is strictly confidential.

### Clinton County Branch Office

1307 E. Townsend Road  
St. Johns, MI 48879  
989-224-2195  
FAX 989-227-3126

### Gratiot County Branch Office

151 Commerce Drive  
Ithaca, MI 48847  
989-875-3681  
FAX 989-875-1032

### Montcalm County Branch Office

615 N State Street; Suite 1  
Stanton, MI 48888  
989-831-5237  
FAX 989-831-3666

### Mission

We take action to assure the health and well-being of our community and the environment by responding to public health needs and providing a broad spectrum of prevention and educational services.



### Vision

Your public health team, connecting with our communities to achieve healthier outcomes.

*The Family Planning Program is funded by the Michigan Department of Community Health, the Mid-Michigan District Health Department and Federal Title X Funds.*

[www.mmdhd.org](http://www.mmdhd.org)



Mid-Michigan District  
Health Department

## Family Planning Program



*Low cost. Quality care.*

*All services are  
strictly confidential*



## Available Services

### Birth Control/Education

Education is an important part in helping you make a choice about birth control. We will help you learn more about your body and help you select the method(s) of birth control that are right for you.

Methods that you can choose from are:

- Abstinence (no sex)
- Condoms
- Spermicide
- Vaginal Ring
- IUD/IUS
- Ortho Evra (patch)
- Depo-Provera (shot)
- Birth Control Pills
- Natural Family Planning
- Emergency Contraception
- Other options may be available

It is important to us that you can find affordable, quality care you can feel good about. That's why our family planning services are available to everyone. **No one is denied service due to inability to pay.** And while the Mid-Michigan District Health Department (MMDHD) primarily serves Clinton, Gratiot and Montcalm counties, you do not need to be a resident of these counties to participate in the Family Planning Program! In fact, we have many women who travel a great distance outside of their own counties to be seen in our clinics.

Fees are based on a sliding scale and payment is requested at the time of your visit.

Donations are needed and appreciated so we can keep this program available to you.

### Pregnancy Testing

Pregnancy testing results, as with all other family planning information, are highly confidential and will only be given to you in person.

### Sexually Transmitted Infection Testing

Male and female testing and treatment of sexually transmitted infections is also available. HIV testing is available and can be confidential or anonymous.

### Exams

First time and yearly exams are provided by the nurse practitioners with an appointment.

### Referrals

Referrals can be made for additional services as needed.



### ~ Client Comments ~

*"Family Planning has made a positive difference by allowing me to get birth control at an affordable cost. No babies at my age is a priority."*

*"Great service, awesome staff. Thanks for making me feel comfortable and for being easy to talk to."*

*"I don't have health insurance and this is the only way I can afford birth control. Everyone in the office is helpful and I am grateful that this is available."*

*"I really like coming here. Great people, very friendly."*

*What a great staff! I drive from Detroit because you are a happy bunch and I feel comfortable here.*

*"One of the most friendly clinics I've been to."*