

# YOUTH SERVICES AT PLANNED PARENTHOOD LEAGUE OF MASSACHUSETTS

## WHAT IS TELEHEALTH?



Telehealth is when a person has a **healthcare appointment over the phone or a video call**. Someone makes an appointment by calling **1-800-258-4448** or by visiting our website at **pplm.org**.

## WHAT SERVICES ARE AVAILABLE VIA TELEHEALTH?



### Birth Control

All options of contraception, including the pill, patch, ring, shot, condoms, implant, and IUDs can be discussed. Some of these are available by prescription, while some of these are only available by coming into our health center - your provider can discuss all options with you.



### Emergency Contraception

Sometimes known as "Plan B" or the morning after pill, emergency contraception can prevent a pregnancy before it occurs when taken after unprotected sex.



### STI Testing

We can mail a kit to you to test for gonorrhea and chlamydia, two common and easily treatable sexually transmitted infections. If you have had a known exposure to an STI and need treatment, call us at 1-800-258-4448 to make an appointment.



### PrEP (or Pre-Exposure Prophylaxis)

This is a once-a-day pill that can prevent someone who is HIV negative from contracting the virus. This service requires parental consent for anyone under 18

## WHAT CARE CAN I RECEIVE IN YOUR HEALTH CENTERS?



**IUD or Implant  
Insertions  
and Removals**



**Depo Shot**



**Medication and  
Procedural Abortion**  
*(with parental consent  
or judicial bypass)*






**STI Treatment**






**HIV Testing &  
Prevention  
Syphilis Testing**

## TELEHEALTH TIPS & TRICKS

-  **Be in a quiet, private space.** Our providers will ask you questions about your health and your sex life. You may be most comfortable using headphones if you have them, or typing your answers into a chat box on our platform.
-  **Let us know** when you book an appointment **if you think confidentiality or privacy will be a challenge** for you.
-  **Young people can still pay for their care in the same way they did in our health centers.** Did you use insurance or MassHealth, or did you access our sliding fee scale (where we give you care at little or no cost)? Same applies here! Bring this up when you book your appointment, too.

## OTHER RESOURCES

-  **Sexual Health Counseling and Referral Hotline:** 1-800-258-4448, option 3
-  **ROO Chat:** Go to [roo.plannedparenthood.org](https://roo.plannedparenthood.org) to ask questions and receive resources
-  **Chat with an Educator:** Chat online or text "PPNOW" to 774636 (PPINFO) to get answers about pregnancy, birth control, emergency contraception, STDs, and abortion. Standard message and data rates may apply. Text STOP to quit at anytime, and HELP for info.

*More services are available for people over 18. Check out [pplm.org/covid-19](https://pplm.org/covid-19) for more information.*

