

Birth control and STI testing, privately

Easy · 15 min to find a clinic · Often free or low-cost

Birth control and STI testing are routine care. Most plans cover birth control without a copay at in-network providers. Title X clinics are confidential and serve you regardless of ability to pay, and you can ask your insurer to send paperwork to you, not to a parent.

YOU'LL NEED

- ☐ Your ZIP code
- ☐ A private phone number or email for results
- ☐ Your insurance card, if you're using it

WHAT TO KNOW

- 1 Find testing near you.** Search by ZIP at gettested.cdc.gov. If you're not comfortable talking to your regular provider, many clinics offer confidential and free or low-cost testing.
- 2 Know what's covered.** Marketplace plans and many others must cover preventive services without a copay, including HIV screening for everyone 15 to 65 and syphilis screening for adults at higher risk, plus chlamydia screening for younger women and gonorrhea screening for women at higher risk.
- 3 Birth control: Marketplace plans must cover FDA-approved methods and counseling for women, as prescribed, without a copay or coinsurance from an in-network provider, even before you meet your deductible.**
- 4 Want it kept quiet or can't pay?** Look for a Title X family planning clinic. Title X services are voluntary, confidential and provided regardless of ability to pay. They offer birth control, pregnancy testing and STI services.
- 5 On a parent's plan?** The insurer usually mails the EOB to the policyholder. You can ask the plan to send your health information to a different address or by a different method. A health plan must agree to a reasonable request if you say that sharing it could endanger you.
- 6 At the visit, be honest about your sexual history and ask which tests you should get.** Ask how and when you'll get results, and give a private phone number or email.
- 7 Test positive for something?** Get treated, and follow the clinic's advice about telling partners and retesting.

Watch out A religious-employer plan may not cover birth control. Health plans sponsored by certain exempt religious employers, like churches, don't have to cover contraceptive methods and counseling. A Title X clinic is still an option.

DAD NOTE *This is health care, same as a checkup. Nobody at the clinic is judging you, and getting tested is the responsible thing.*

Full lesson: aptkeys.com/body/preventive-care/birth-control-and-sti-testing-privately/

Checked October 3, 2026. Sources: Centers for Disease Control and Prevention; HealthCare.gov; U.S. Department of Health and Human Services, Office of Population Affairs; Electronic Code of Federal Regulations.