

INCREASING ACCESS TO CONTRACEPTION IN THE CONTEXT OF ZIKA PREPAREDNESS



State and Jurisdictional-level Strategies

Helping women who want to delay or avoid pregnancy during the Zika virus outbreak is a primary strategy to reduce Zika-related adverse pregnancy and birth outcomes, including microcephaly and severe fetal brain defects. The best way to reduce the risk of unintended pregnancy is for sexually active women and their partners to correctly and consistently use effective birth control.

Long-acting reversible contraception (LARC), specifically IUDs and implants, is the most effective type of reversible birth control.

LARC can be inserted or implanted in a woman and remains highly effective at preventing pregnancy for many years. LARC is safe for most women to use, including female adolescents.

To increase access to and availability of LARC, state and jurisdictional level-strategies can be implemented by state, local, and territorial agencies, health systems, and healthcare providers.

Seven Strategies to Increase Access to Long-acting Reversible Contraception



Train healthcare providers on current insertion and removal techniques for LARC

- Support use of CDC's evidence-based contraceptive guidance, and provide quality family planning services
- Increase healthcare provider awareness on appropriateness of LARC for most clients of all ages



Remove logistical and administrative barriers for contraceptive services and supplies

- Eliminate policies requiring pre-approval
- Decrease step therapy restriction or required use of generic drugs before brand-name medication
- Stock LARC in all hospitals and clinics



Engage smaller or rural facilities including community healthcare centers

- Ensure adequate healthcare provider training and supply of LARC
- Partner with larger facilities to implement contraceptive services



Reimburse healthcare providers for the full range of contraceptive services, including:

- Screening for pregnancy intention
- Client-centered contraception counseling
- Full cost of LARC device insertion, removal, and replacement
- Device reinsertion and follow-up



Support youth-friendly reproductive health services

- Educate healthcare providers on confidentiality concerns of adolescents/minors
- Withhold automated distribution of explanation of benefits (EOB) to the primary payer
- Offer extended and weekend hours
- Provide teen-focused, culturally appropriate materials during health care visits



Facilitate partnerships among private and public insurers, device manufacturers, and state agencies

- Improve acquisition management
- Streamline service provision
- Increase efficiency in product purchase
- Reduce per capita costs



Increase consumer awareness of contraception options and assess client satisfaction with service delivery

- Implement public/private campaigns
- Provide comprehensive sexual health education in secondary schools

Boulet SL, D'Angelo DV, Morrow B, et al. Contraceptive Use Among Nonpregnant and Postpartum Women at Risk for Unintended Pregnancy, and Female High School Students, in the Context of Zika Preparedness — United States, 2011–2013 and 2015. *MMWR Morb Mortal Wkly Rep* 2016;65:780–787. DOI: <http://dx.doi.org/10.15585/mmwr.mm6530e2>

