

Alabama Medicaid's Plan First Program

The Plan First Program provides family planning and birth control services to eligible recipients in Alabama. The goal of the Plan First Program is to help women and men have a better life. Mothers and babies have a better chance of being healthy. Parents can better provide for their family, both financially and emotionally.



To qualify, the following must be met:

- a woman between the ages of 19 through 55
- a man age 21 or older
- a man or woman not previously sterilized
- income requirements

What Is Covered?

- Care support from a social worker or nurse
- Yearly family planning exam
- Birth control methods such as pills and Depo(1)Provera shots
- Tubal ligation (tube tying) for women 21 or older
- Vasectomies for men 21 or older
- Lab work such as testing for pregnancy and STDs
- Help in planning when to have a baby
- Smoking Cessation program for women

Ways to Apply

1. Apply online: <https://insurealabama.adph.state.al.us/>
2. Apply at your local health department, health clinics or some local hospitals
3. Call 1-800-362-1504 or visit www.medicaid.alabama.gov for a paper application

Visit www.medicaid.alabama.gov for more information