

BIRTH CONTROL COVERED UNDER NIHB

External Condoms

Latex and non-latex condoms are covered by NIHB with a prescription but not without one.

Copper Intrauterine Device (IUD)

The copper IUD is a small device placed in the uterus by a healthcare provider, releasing copper to prevent pregnancy for up to 5 years.

Vaginal Contraceptive Ring

The ring is a prescribed, flexible plastic ring that releases hormones to prevent pregnancy by inhibiting egg release when inserted into the vagina for three weeks at a time.

Contraceptive Patch

The prescribed contraceptive patch, resembling a small square bandage, releases hormones to prevent pregnancy by suppressing egg release when applied to the skin.

Diaphragm

The diaphragm is a non-prescription, dome-shaped device made of silicone that is inserted into the vagina before sex to block sperm from reaching the uterus.



Mifegymiso (the medical abortion pill)

Mifegymiso is a combination pack of mifepristone and misoprostol used in Ottawa for pregnancy termination up to 9 weeks gestation, with mifepristone blocking progesterone and misoprostol inducing contractions. It is covered by NIHB without prior approval.

BIRTH CONTROL COVERED BY BOTH ODB AND NIHB

Hormonal IUD (IUS)

The IUS is a small plastic device placed in the uterus by a healthcare provider, releasing progesterin to prevent pregnancy by thickening cervical mucus and inhibiting sperm entry. It can remain effective for 3-5 years depending on the type.

Emergency Contraceptive Pill (ECP)

The ECP is a medication taken within 5 days after unprotected sex to prevent pregnancy by delaying egg release through a high dose of progesterin. It is not an abortion pill and cannot terminate an existing pregnancy.

Contraceptive Shot

The contraceptive shot is an injection administered by a healthcare provider every 3 months, containing progesterone to prevent pregnancy by inhibiting egg release and thinning the uterine lining to discourage implantation.

FOR MORE INFORMATION

//Planned Parenthood Ottawa
(613) 226-3234
www.ppottawa.ca
ppottawa@ppottawa.ca

NON-INSURED HEALTH BENEFITS (NIHB) PLAN



A guide for Indigenous Communities to non-insured health benefits, the Ontario Drug Benefit Plan, and birth control options.

Planned
Parenthood
Ottawa



Planning
des naissances
d'Ottawa

NON-INSURED HEALTH BENEFITS (NIHB) PLAN

The Non-Insured Health Benefits (NIHB) program provides healthcare coverage to eligible First Nations & Inuit who are not already covered under social programs, private insurance plans, and/or provincial or territorial plans.

What is covered under NIHB?

NIHB provides coverage for the following goods and services :

- **Vision Care**
- **Dental Care**
- **Mental Health Counselling**
- **Medical Supplies & Equipment**
- **Prescription & over-the-counter medications**
- **Medical transportation for medical services not available on reserve nor in your community of residence.**

What if I'm eligible but already paid for a prescription, or didn't bring my status card?

You can be reimbursed if you fill out a form and send it with the receipt to NIHB. **Go to sac-isc.gc.ca for more information.**

How do I access benefits?

First, you need to see if you are eligible for the benefits. **NIHB provides health benefits to First Nations people who have Indian Status and Inuit who are recognized by an eligible Inuit land claim agreement, as well as any children less than 2 years old with a parent who is NIHB eligible.**

Then, you need to see a doctor or a nurse practitioner to get a prescription for birth control. Not every form of birth control is covered under NIHB. This pamphlet lists the methods that are covered. When you have the prescription, bring it to a pharmacy and tell the pharmacist you have a status card or Inuit client identification number. If you forget your card or have already paid for a prescription you can be reimbursed if you fill out the correct form and send it to NIHB with the receipt.

THE ONTARIO DRUG BENEFIT (ODB) PROGRAM

If you are non-status or Métis, you may be able to get free birth control if you're eligible for the Ontario Drug Benefit Plan (ODB). To be eligible, you must be an Ontario resident, have an OHIP card, and be registered for either:

- Ontario Works
- Ontario Disability Support Program
- Trillium Drug Program
- Long-term Care

How do I access benefits?

First you need to see a doctor or nurse practitioner to get a prescription for birth control. When you have the prescription, bring it to a pharmacy and tell the pharmacist that you are eligible for ODB. The pharmacist will ask to see your ODB prescription drug card, which is mailed to you at the start of every month. You can also be reimbursed if you fill out a form and send it to ODB with the receipt. Not every form of birth control is covered under ODB.

In most cases, ODB covers the full cost of approved forms of birth control. However you may need to pay a fee of around \$2.

What if I'm eligible but already paid for a prescription, or didn't bring my ODB card?

You can be reimbursed if you fill out a form and send it to ODB with the receipt. For more information go to ontario.ca/health.