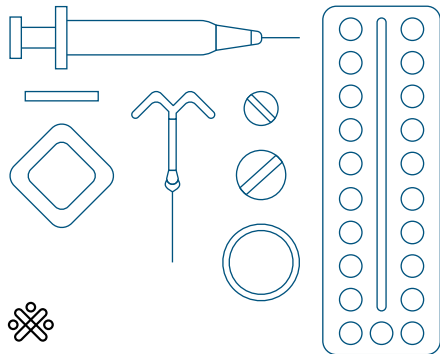




Want to see how your province or territory compares when it comes to enacting policies to support access to contraceptive supplies and information? Check out the Canadian Contraception Policy Atlas, available now on actioncanadashr.org

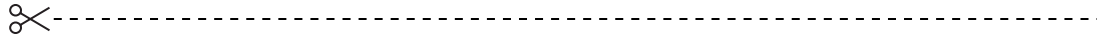


 **Action Canada
for Sexual Health & Rights**



Birth Control & Your (Student) Insurance

Is it Covered?



1 →

As a student at a Canadian university or college, you may be automatically enrolled in a student health insurance plan.

This can cover some or all costs for things like medical appointments, medical equipment, dental care, vision care, and prescription drugs – including birth control!

The cost for enrolling in a student health insurance plan is covered by your student fees.



Information about insurance coverage based on your enrolment type is often available on your school's website or at a student service office.

2 →

Your access to health insurance depends on what type of student you are. Certain things may or may not be covered depending on if you are:

- an undergraduate student or a graduate student
- a full-time student or a part-time student
- a continuing studies student
- an international student

3 →

Cost can sometimes be a big factor in choosing what kind of birth control method is accessible for you. Knowing that, it's important to be aware that health insurance plans often only cover some of the costs of a medication. They also don't always cover all brands or manufacturers. Talk to the people at your school's student union, student services, or student health centres to learn about the specifics of your insurance plan. Depending on your school, you might be able to check coverage on Mystudentplan.ca and Studentcare.ca.

4 →

Not fully covered for the birth control you want to use?

Other options you can look into might include:

- Insurance your parents might have through their work
- Private insurance plans you might have had to get (i.e., international students?)
- Community organizations or government programs that help with costs

5 →

Talk to your Student Union if you want to improve the birth control coverage that your health plan provides.

They can let you know the process for advocating for changes to the insurance plan, which could involve attending Student Union meetings, presenting your case to the executive team, or collecting signatures for a petition.



Try to connect with sexual health or gender clubs on campus who might already be involved in advocating for better coverage.

6 →

To raise awareness on a lack of coverage, or to boost support for better coverage with students on campus, consider:

- Writing an article for your student newspaper
- Getting on a show at your school's radio station
- Putting up information posters around campus
- Asking profs if you can do a quick presentation before classes
- Hosting an educational event at your school's clinic, student centre, or common space

Get your friends to help you with organizing things! Or check in with student advocacy groups! It's always better to do these things together.

