

# Tips for Virtual Contraceptive Counseling Conversations

With more contraceptive counseling discussions taking place via telemedicine, this tool may assist you as your office navigates this new patient/health care provider experience. Below is a list of useful tips and recommendations that may help you have effective birth control conversations with your patients in the virtual setting.

## Before the Visit

- ✔ Obtain your patient's consent to use telemedicine and explain the potential confidentiality risks.
- ✔ Ensure that your patient has access to the necessary technology.
- ✔ Ask your patient to complete and return all forms.
- ✔ Consider asking your patient to complete a birth control assessment, such as the "**Which birth control may be right for you?**" questionnaire.
- ✔ Check your patient's insurance coverage as appropriate.
- ✔ If your practice is not currently performing insertion procedures, identify where to refer patients who choose a LARC method.
- ✔ Obtain available patient history that may inform eligibility for certain contraceptives.
- ✔ Consider whether you would like to have your patient independently research birth control methods before or after the discussion. If so, provide materials or websites they can visit to read about their options.

## During the Visit

- ✓ If your patient has completed a birth control assessment, carefully review and discuss the responses with them.
- ✓ Ensure that your patient understands the full range of options available to them.
- ✓ If your patient chooses a contraceptive method that requires an insertion, verify that they are able to come in for an office visit before talking them through next steps.
- ✓ If your patient is interested in a LARC but is unable to set up a timely in-person appointment, consider scheduling the procedure for a later date and offering a bridge option.
- ✓ If your patient would like to proceed with a LARC but your practice is not currently providing insertion procedures, consider referring them to an identified location that can perform the insertion.
- ✓ Provide your patient with clear and concise next steps and let them know that you will follow up with instructions for a visit or prescription information.



*When discussing birth control with patients, verify that they are in a private, secure setting*