

## Live Healthy **News**

# SAVE BIG ON BIRTH CONTROL

Preventing pregnancy shouldn't strain your budget. Cut costs with these smart tips:



- **ASK FOR SAMPLES** “Most ob-gyns offer free trial packs of certain pills,” says **Martin Rosen**, co-author of *The Healthcare Survival Guide*. You may also want to ask about other lower-cost contraceptive alternatives, such as an IUD.
- **GO GENERIC** “These versions are almost identical to brand-name pills,” says Rosen, “but they cost a fraction of the price.”
- **VISIT A FAMILY PLANNING CLINIC** Organizations like Planned Parenthood ([plannedparenthood.org](http://plannedparenthood.org)) and local health departments offer gynecological exams and birth control pills at discounted rates.
- **SHOP AROUND** You compare prices for laundry detergent, so why not do the same for birth control? Check out the large pharmacy chains: Some such as Walgreens, Walmart, and Target, offer prescription-saving plans.