

Alaska Department of Health and Social Services
FY21-23 Title X RFP
SFY21 Title X Family Planning Methods

Agency Name: _____

Date: _____

This form is to be completed by the agency applying for funding under the DHSS Title X Project. Applicant agencies should indicate below the family planning methods they propose to provide as a part of their Title X Program. For the methods proposed, the agency must maintain a perpetual inventory on a consistent and ongoing basis. The proposer also must maintain staff knowledge and skills necessary to provide each proposed method in compliance with the *Providing Quality Family Planning Services (QFP)* guidelines and/or other evidence-based national standards of care, as listed at: <https://www.hhs.gov/opa/guidelines/clinical-guidelines/index.html>. Additional blank spaces are available at the bottom of the list for any other family planning methods the agency proposes to include on their approved list.

Categories of Family Planning Methods	Methods and examples	For each method proposed to be provided, mark "X" below
Long-acting reversible contraception (LARC)	Intrauterine System (Hormonal IUD), e.g., <i>Skyla, Liletta, Kyleena</i>	
	Intrauterine Device (Non-hormonal IUD), e.g., <i>Paragard</i>	
	Hormonal Implant e.g., <i>Nexplanon</i>	
Other hormonal methods	Hormonal Injection e.g., <i>Depo Provera SQ</i>	
	Vaginal Ring e.g., <i>Nuva Ring</i>	
	Hormonal Patch e.g., <i>Xulane</i>	
Oral contraceptives	Progestosterone only: e.g., <i>Micronor</i>	
	Triphasic: e.g., <i>Ortho Tri-Cyclen, Ortho Tri-Cyclen Lo</i>	
	Monophasic: e.g., <i>Apri, Cryselle, Cyclofem, Orsythia, Yasmin</i>	
	Extended: e.g., <i>Seasonique</i>	
Emergency Contraceptive Pills	e.g., <i>Next Choice, Plan B, Ella</i>	
Barrier methods	Internal/"Female" condoms	
	External/"Male" condoms	
Fertility Awareness-Based Methods (<i>may be used for achieving or preventing pregnancy</i>):	Calendar-based, Cervical mucus-based, Temperature-based, Sympto-thermal (multiple indicator methods), Urinary hormone-based	
	Cycle Beads	