

Emergency Contraceptive

Emergency pills are a safe and effective way to prevent pregnancy. The sooner they are used after unprotected sex, the better they will work. They can be used up to 120 hours (5 days) after unprotected sex. Emergency contraceptive pills are available at most pharmacies in Washington State without a prescription and are available at clinics, doctor offices, or online.

The link below (Emergency Contraception Website) will provide where a member could find emergency contraceptives in their area.

<http://eclocator.not-2-late.com>

Note: Women can get emergency contraceptive pills to have on hand in case they need them.

Long-Acting Reversible Contraception:

Long Acting Reversible Contraception (LARC) is now recommended as first online birth control for all women and adolescents. LARCs are the most highly effective form of contraception available and require only a single act of insertion for long term use, and their effectiveness is independent of user motivation and adherence.

Family planning methods relevant to LARCs, include:

- Intrauterine Device (IUD), or
- Contraceptive Implant

To learn more, go to:

<http://www.hca.wa.gov/about-hca/long-acting-reversible-contraception-most-effective-use-growing-washington-among-apple>

Smoking Cessation

Tobacco use remains a leading cause of preventable death and disease. Advising your patients “Quitting is the single most important thing you can do to protect your health as well as your family” increases the number of quit attempts. Evidence demonstrates that a brief clinical intervention can significantly increase the rates at which patients quit smoking.

New! Smartphone App: SmartQuit™

- To learn more to help your patients quit tobacco, vaping or e-cigarettes, click on the following app:
<http://www.doh.wa.gov/YouandYourFamily/Tobacco/SmartQuit>
- The app is free to Washington residents, after they take a brief survey.

Download resources for your office:

- <http://www.doh.wa.gov/Portals/1/Documents/Pubs/340-247SmartQuitFlyer.pdf>
- <http://www.doh.wa.gov/Portals/1/Documents/Pubs/340-246SmartQuitEcard.pdf>

If you have any questions regarding the programs listed above, please contact Provider.Relations@CHPW.org