

## Fees & Donations

Fees are based on a **sliding fee scale**, determined by income. Most clients receive services at or below 50% of regular fees. Some clients income qualify for free services.

Please bring proof of income and insurance card (if available).

We rely on grant funds and donations to provide quality affordable services.

Indiana Family Health Council, Title X, private insurance, Medicaid, client fees, and donations fund TRI-CAP Family Planning.

In most instances, a \$1 community donation secures \$4 of additional grant funding.

Donate today at:  
[www.tri-cap.net/donate/](http://www.tri-cap.net/donate/)

## Family Planning Clinic Locations:

### Jasper

607 Third Avenue  
**812-482-2233 ext. 144**

Hours:

Monday 10-6pm  
Tuesday 8:30-4:30pm  
Wednesday 8:30-4:30pm  
Thursday 8:30-4:30pm  
\*Eastern Standard Times

### Evansville

501 John Street, Suite 11  
**812-428-2189**

Hours:

Monday 9:30-5:30 pm  
Tuesday 8-4 pm  
Wednesday 8-4 pm  
\*Central Standard Times

**Please call for a private and  
confidential appointment.**



# Family Planning

**“Family planning” is the process of establishing objectives for the number and spacing of one’s children and selecting the means by which those objectives may be achieved. This may involve a broad range of acceptable and effective methods and services to limit or enhance fertility, including contraceptive methods (such as natural family planning, abstinence, pills, shots, IUDs, and implants).**

**Family planning includes pre-conceptual counseling, education and general reproductive healthcare, including diagnosis and treatment of infections, which can threaten reproductive capability.**



## Family Planning Services

- ◇ Physical Exam
- ◇ Pelvic Exam
- ◇ Clinical Breast Exam
- ◇ Pap Smear
- ◇ Testing, Treatment, and Referral for STI's
- ◇ Weight & Blood Pressure Check
- ◇ Birth control options (including natural family planning, pills, shots, IUDs, and implants)
- ◇ Pregnancy Testing and Referral
- ◇ Counseling on sexually transmitted diseases
- ◇ Counseling on methods of contraception
- ◇ HIV Testing
- ◇ Educational programs for groups and individuals

**ALL SERVICES ARE PRIVATE AND CONFIDENTIAL.**

**Services provided to minors with or without parental consent.**

## Additional Programs Available at TRI-CAP

### Housing Services

- ◇ Affordable Senior Housing and Family Housing
- ◇ Energy Assistance Program
- ◇ Foreclosure Prevention Services
- ◇ Individual Development Accounts
- ◇ Weatherization

### Educational & Volunteer Services

- ◇ Head Start
- ◇ Healthy Families
- ◇ Private Preschool
- ◇ Retired & Senior Volunteer Program

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For more information about TRI-CAP's services, please visit our website at

[www.tri-cap.net](http://www.tri-cap.net)



revised 6/10/2021

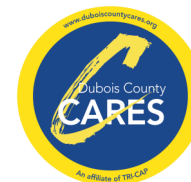
## Other Health Services Programs

### Healthcare/Resource Navigator

This free service helps individuals understand the new coverage options under the Affordable Care Act and provide education and enrollment assistance for Indiana Medicaid and Marketplace options.

### Dubois County CARES

This is a local coalition dedicated to empowering youth to be alcohol and drug free. TRI-CAP is the fiscal agent for CARES.



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TRI-CAP is an equal opportunity provider and employer. All services are prohibited from discriminating based on race, color, national origin, ancestry, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, status as a veteran, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity conducted or funded by the United States Department of Agriculture (USDA).