

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.

We accept all forms of insurance. Please bring proof of income and insurance card (if available).

Can you help others?

TRI-CAP relies on individual donations and some grant funds to provide quality affordable services.

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

Give today at:

www.tri-cap.net/donate/



TRI-CAP Family Planning is funded by: Private donations, Indiana Family Health Council, Title X, private insurance, Medicaid, and client fees.

Family Planning Clinic Locations:

JASPER CLINIC

607 3rd Avenue • 812-482-2233, ext. 183

Monday

8:00 am—6:00 pm ET

Tuesday

8:30 am—4:30pm ET

Wednesday

8:30 am—4:30pm ET

Thursday

8:30 am—4:30pm ET

Clinic Days

Monday, Tuesday, and Thursday

EVANSVILLE CLINIC

501 John St, Suite 11 • 812-428-2189, ext. 1

Monday

9:30 am—5:30pm CT

Tuesday

8:00 am—4:00 pm CT

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.**



TRI-CAP FAMILY PLANNING

Additional Programs Available at TRI-CAP

Housing Services

- ◆ Affordable Senior and Family Housing
- ◆ Energy Assistance Program
- ◆ Housing Counseling (mortgage default, delinquency, foreclosure prevention, and financial education)
- ◆ Individual Development Accounts
- ◆ Weatherization

Educational Services

- ◆ Head Start Preschool
- ◆ Healthy Families

**To learn more about
TRI-CAP's services, visit:
www.tri-cap.net**



TRI-CAP.NET



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, age, color, religion, sex (including gender identity and sexual orientation), disability, national origin, ancestry, familial status, status as a veteran, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/oascr/program-discrimination-complaint-filing>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: U.S. Department of Agriculture; Office of the Assistant Secretary for Civil Rights; 1400 Independence Avenue SW; Washington, D.C. 20250-9410 - Fax: (833) 256-1665 or (202) 690-7442; or Email: program.intake@usda.gov.

This institution is an equal opportunity provider.