

Emergency contraception

Under the recent House Bill 297, UCA 26-21b-101, it is required by law that sexual assault survivors who report to an acute care hospital or to critical access hospitals are given evidence-based information about emergency contraception and provided with emergency contraception if requested. There is nothing in this statute that requires them to have a medical forensic examination or to cooperate with law enforcement.

How emergency contraception works

Emergency contraception (also known as EC or the morning after pill) is a safe way to protect against pregnancy up to 5 days after unprotected sex occurs or if contraceptive failure occurs (i.e., broken condom, missed birth control pill). It is most effective when taken as soon as possible after unprotected sex. Therefore, it is recommended that people seek emergency contraception as soon as possible if they need it. EC works to prevent an egg from being released from the ovaries, so sperm and egg do not have a chance to meet up and cause pregnancy. EC is not the same as the abortion pill. It won't work if someone is already pregnant and it will not harm a current pregnancy.

Emergency contraception can come in 2 forms: a pill can be taken or an IUD can be placed. Keep reading for more information on which option is best for your situation and where to find it.

More information for emergency contraception can be found through the Utah Department of Health and Human Services' Office of Family Health at <https://mihp.utah.gov/before-pregnancy/emergency-contraception>.

Where to find emergency contraception in Utah

Type of EC	Location	Cost	Good to know
Pill Also known as: Plan B One Step, Next Choice, After Pill, and others	Over-the-counter at most pharmacies, drugstores, superstores or grocery store pharmacies. Walgreens, CVS, Rite Aid and Target carry it. Also available at Planned Parenthood Assoc. Of Utah (PPAU) clinics	Depending on brand, can cost anywhere between \$15-\$50	Work best if used within 72hrs/3 days of unprotected sex, but can be effective up to 5 days after. Can be weight-specific. If someone is over 165 lbs., these pills can be less effective
Pill	Need a Rx from a	About \$50 at	Very effective EC;

Ella brand	nurse or doctor to get at pharmacy; PPAU clinics. Can get can get a fast medical consultation and prescription with next-day delivery online from: Nurx or PRJKT RUBY	pharmacies with Rx; up to \$90 online, including medical consultation	good option for people over 165 lbs. Can be effective up to 120 hrs/5 days after unprotected sex.
Intrauterine Device (IUD) Paragard, Mirena, and Liletta Brand	Local family planning clinic, PPAU, or Dr. office: device must be placed by a doctor or nurse within 120 hrs/5 days after unprotected sex.	Anywhere between \$0-\$1,300 depending on location and/or insurance coverage.	Can provide further pregnancy protection for the next 7-12 years if left in place (depending on device used).

This [online quiz](#) can help you decide which EC might be best for you and your circumstance.

Things to keep in mind:

- If comfortable, ask the pharmacist for assistance in finding the emergency contraception pills at a pharmacy.
- Emergency contraception can be obtained from many health clinics, such as Planned Parenthood, community health centers, and student health centers. *These clinics may also offer emergency contraception for free or at a reduced cost if you qualify based on your income.* Planned Parenthood clinics do not discriminate based on citizenship status, meaning they are safe for folks with undocumented status to obtain family planning resources.

Primary care physicians or OB/GYNs: You can also obtain emergency contraception from your primary care physician or OB/GYN. However, it is important to note that some physicians may not provide emergency contraception, so you may need to call ahead to confirm. There is no obligation for physician offices to provide EC.

Free or discounted emergency contraception

- [Planned Parenthood](#) provides emergency contraception for free or reduced cost based on income.
- Plan B provides a discount via a printable coupon at www.planbonestep.com/how-to-save-on-plan-b/. This coupon can be used at any pharmacy.
- [Rapid Access Clinic](#) for University of Utah students.
- The Utah Abortion Fund provides reproduction wellness kits, which include EC, for free.

- To order a wellness kit for future use, use their online order form and they will mail EC to you, at no cost: <https://utabortionfund.org/getec>
- Additionally, abortion remains legal in the state of Utah. To find abortion resources near you, visit at www.ineedana.com/ or contact the Utah Abortion Fund to assist you: <https://utabortionfund.org/>
- Health insurance may cover all or some cost at clinics or with your primary care physician or OB/GYN.
 - With a prescription for emergency contraception, most health insurance companies will cover the cost. Under law, urgent care clinics have an obligation to provide evidence-based information and where someone can obtain EC but they do not need to provide the medication.

Mental health services

Mental health resources that are free or low cost are available throughout the state.

- Local mental health authorities are in every county in Utah. The Utah Department of Health and Human Services' Office of Substance Abuse and Mental Health provides a locator at <https://dsamh.utah.gov/contact/location-map> to find your local authority. Free or low-cost services are available depending on income.
- Intermountain Behavioral Health Navigation Line at 833-442-2211. They provide mental health support and guidance for accessing long term care for free.
- University of Utah Warmline at 801-587-3000 provides short term emotional support for free.
- Latino Behavioral Health provides low cost mental health services in Spanish and English. More information can be found at <https://latinobehavioral.org/therapy/>.
- National Suicide Lifeline at 988 provides free crisis counseling over the phone.
- The Trevor Project crisis line for LGBTQIA+ youth. Call 866-488-7386, text "START" to 678-678 or chat online at www.thetrevorproject.org/get-help/.
- Trans Lifeline crisis line at 877-565-8860.
- SafeUT: University of Utah crisis chat and tip line that provides real-time crisis intervention for students, parents/guardians, and educators through live chat and a confidential tip line—right from your smartphone.
 - <https://safeut.org/>; or call 833-372-3388