

General Information:

Please use the Web Portal Contraception and Sexual Health Access to make claims for patients who qualify for this service.

Programme Objectives:

- To remove social and financial barriers to accessing contraceptive services and sexual health checks for young people, this includes clinician consult and Rx fees.
- To enable a wide range of access points to sexual health services.
- To ensure that the service is acceptable to young Māori.
- To increase equity of access to contraception in general practice for low-income women and those living in deprivation.
- To reduce poor health and social outcomes for women and infants associated with unplanned pregnancy and birth.
- Provide more women with support for their decision making about their fertility and when to have children.
- To ensure patients receive nonjudgemental, culturally safe access to contraception

Eligibility Criteria:

The services are targeted toward **people** of every ethnicity, ability, age and gender identity who may miss out on contraceptive care due to adversity or cost, including:

1. Anyone under the age of 25 years.
2. Any women 25 years and older who:
 - a) are enrolled in a West Coast general practice and
 - b) live in quintile 5 areas; **or**
 - c) hold a community services card; **or**
 - d) Māori and Pacific Peoples; **or**
 - e) Experience adversity and living on low incomes including those who:
 - i. have been in state funded care e.g. Oranga Tamariki foster or residential care, Youth Justice, prison in the last 5 years.
 - ii. have been in tangata whaikaha (disability) residential care in the last 5 years
 - iii. are currently alcohol or illicit drug dependent.
 - iv. have a long term severe mental health disorder, including any psychotic disorder, bipolar affective disorder, or severe depression.
NOTE patients on antidepressants or psychotropic medication with little current impact on their lives are not eligible.
 - v. need contraception following a sexual assault
 - vi. are experiencing violence from a partner
 - vii. high users of maternity services, or
 - viii. had a termination of pregnancy in the last 2 years

- ix. exceptions on a case-by-case basis

Programme processes:

Under 25-year olds:

- The practice will endeavour to make their services youth-friendly (see the RNZCGP Assessment tool for youth friendly primary care for helpful suggestions).
- The practice will deliver a service that is acceptable to young Māori.
- Services may be provided to enrolled or casual patients, with the exception of subdermal or IUD devices which are only available to enrolled patients through this programme.
- Only one claim may be made per visit. A separate claim for an STI check and a contraception service cannot be made on the same day for the same patient.

High Need women ≥25 years of age:

- Contraception services, including subdermal, or IUD devices, may be provided to enrolled patients only. The service does not cover STI consultations.

Both groups:

- Services may be provided by general practitioners or nurses, with each practice determining which practitioner will provide each service.
- Visits for subdermal or IUD procedure (insertion, removal and/or replacement) are firstly made for a consult and the subsequent for procedure. Both are funded. No additional charges for consumables may be charged.

Co-Payment:

Low cost consultations for new contraception or a change of existing contraception method are to be delivered either free or maximum \$5 co-payment to the target population. No co-payment can be charged for a LARC procedure.

No additional charges for consumables may be charged.

Prescriptions

- For all prescriptions issued, please ensure the script is stamped or marked with the "West Coast Health Contraception Programme" to ensure they do not incur Rx fees at the pharmacy. This includes scripts for condoms.

Frequently Asked Questions

What guidelines are available to support contraceptive providers?

[Practitioners must comply with the Long-acting Reversible Contraception Health practitioners training principles and standards 2022](#)

What courses are available to support continued competence in contraception and LARC provision?

All providers are expected to have completed these online courses

- [Contraception Counselling 2026](#)
- [Intrauterine Contraceptive \(IUC\) theory 2026](#)
- [Contraceptive Implant theory](#)

What are some resources available to support cultural safety and competence for providers of contraception and LARC services?

West Coast Health provides professional development opportunities that support cultural safety and competence. Youth and Rangatira-specific workshops are also supported.

- [Positive Youth Development in Aotearoa](#)
- [The Collaborative Trust: HEADSS](#)
- [Gender health](#)

Other resources:

[The Hui Process: a framework to enhance the doctor - patient relationship with Māori](#)

Engaging with Māori patients – GP Lily Fraser (15minutes):

<https://www.youtube.com/watch?v=loRySAXwArM&t=15s>

Health Quality Safety Commission Unconscious Bias

<https://www.hqsc.govt.nz/resources/resource-library/learning-and-education-modules-onunderstanding-bias-in-health-care> (15 minutes)