

# BC's universal, no-cost contraception coverage significantly increased use of the most effective contraception methods

British Columbia introduced **universal, first-dollar coverage for prescription contraception** in April 2023. We evaluated effects of this policy on:

- Prescription contraception use
- Long-acting reversible contraception use (LARC: IUDs and implants, the most effective contraception methods with high upfront costs)

We used population-based data and controlled for pre-policy trends in BC and changes in other provinces.

## Key Findings

BC's universal, first-dollar coverage **significantly increased use** of prescription contraception, especially use of the most effective methods. Effects were immediate and sustained over **15 months**:

# 11,375

additional long-acting reversible contraception users at 15-months



# 49%

increase in monthly long-acting reversible contraception dispensations

# 1,981

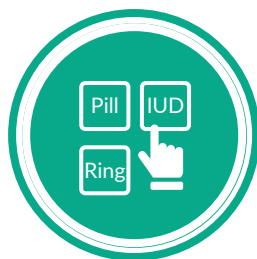
additional prescription contraception dispensations per month

# 10%

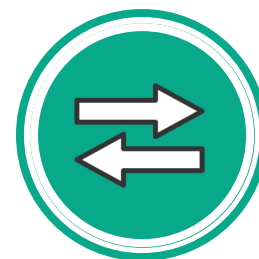
increase in reproductive-aged females using prescription contraception



Use increased across all age groups, with the **largest increase** among **20-29 year olds**



More new prescription contraception users **opted for long-acting reversible contraception**



More current contraception users **switched to long-acting reversible contraception**

## Take Home Messages

Universal, first-dollar coverage:

- Increased prescription contraception use overall, driven by long-acting reversible contraception use
- Prompted shifts to long-acting reversible contraception among current and new contraception users
- Increased contraception use across all age groups

Eliminating cost-sharing, for all methods, led to individuals preferentially selecting more effective prescription contraception methods