



Report on Coverage and Promotion of Natural Family Planning at Notre Dame

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Survey Highlights

- Strong interest in expanding NFP coverage and having NFP-related products and services available on campus
 - Received 86 responses from an initial mailing list of 316 people
 - Free responses reveal enthusiasm to have services available on campus

- Coverage needs to be broad and flexible
 - Creighton is the most popular method, but most respondents use some other method.
 - Only 13 respondents report using a fertility monitor
 - NFP products and services include educational classes, consultations, charts, thermometers and batteries, test strips, phone apps, and fertility monitors

NFP Survey

Q1 Which of the following best describes you or your spouse's affiliation with Notre Dame?

- Faculty
- Staff
- Student
- Post-Doc

Q2 Are you currently enrolled in a medical insurance plan through Notre Dame? (If you are not currently enrolled in a plan, please answer the remaining questions to the best of your ability as if you were enrolled in a plan.)

- Yes
- No
- No, but I plan to enroll in the near future.

Q3 Please indicate the carrier/plan:

- Meritain/PPO
- Meritain/HMO
- Meritain/High Deductible Health Plan (HDHP)
- Aetna
- I am not enrolled in (or plan to enroll in) an insurance plan through Notre Dame.

Q4 Which local network did you choose the last time you enrolled in a medical insurance plan?

- Select Network, anchor hospital - St. Joseph Regional Medical Center
- CHA Network, anchor hospital - Memorial Hospital
- Other _____

Q5 What natural family planning (NFP) method do you use? You can choose more than one if applicable.

Billings method

Creighton model (including NaPro)

Marquette model

Cervical mucus method other than Billings or Creighton (please specify)

Sympto-thermal method (please specify) _____

Sympto-hormonal method other than Marquette (please specify)

Other (please specify) _____

I do not currently use NFP but might be interested in doing so.

Q6 What kinds of services, materials, and costs are involved in your NFP method or anticipated method?

	Cost for first year	Cost for typical year	Other/atypical costs
Educational Classes			
Consultations			
Charts			
Thermometer			
Test Strips			
App			
Fertility Monitor			
Other (please specify cost and service/material)			

Q7 Besides covering the above items, what other things could Notre Dame do to facilitate the practice of NFP (e.g. make consultations available at the Wellness Center)?

Q8 What is your motivation for using NFP/switching to NFP? (e.g. moral, religious, health, cost, etc.)

Q9 How important are the following to you at Notre Dame?

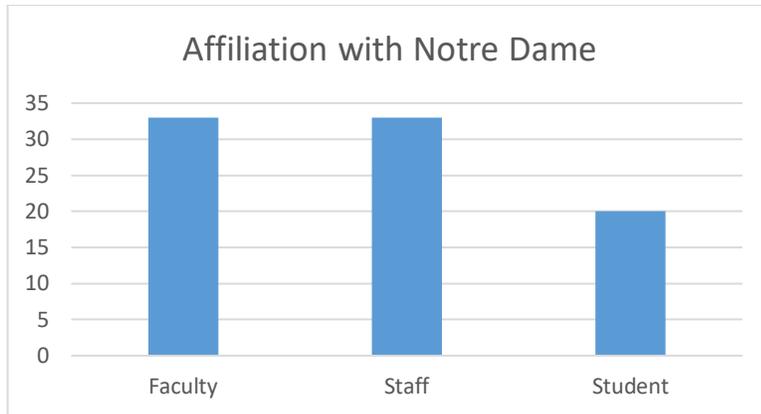
	Extremely important	Very important	Moderately important	Slightly important	Not at all important
Broadened coverage of NFP	<input type="radio"/>				
Educational opportunities on campus	<input type="radio"/>				
Educational opportunities off campus	<input type="radio"/>				
Coverage of the specific NFP method I am currently using	<input type="radio"/>				
Availability of materials on campus	<input type="radio"/>				
Consultations on campus	<input type="radio"/>				

Q10 Please use this space to provide any additional comments.

Enrollment Information

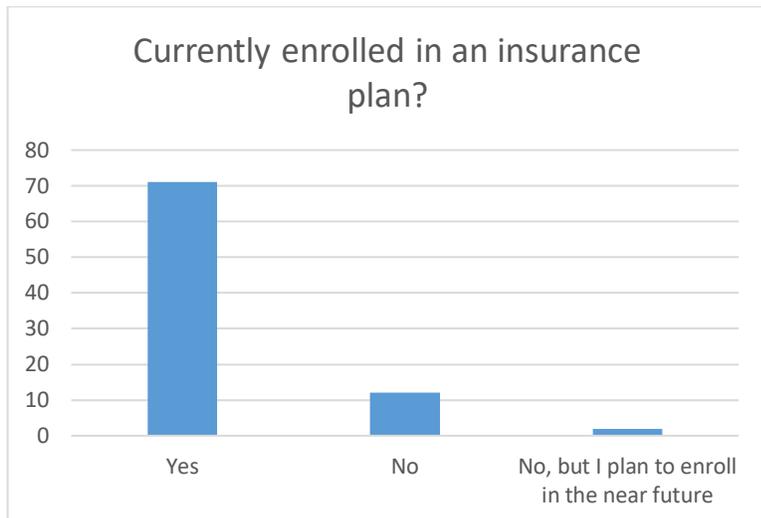
Q1 Affiliation with Notre Dame

Faculty	33
Staff	33
Student	20
<u>Post-Doc</u>	<u>0</u>
Total	86



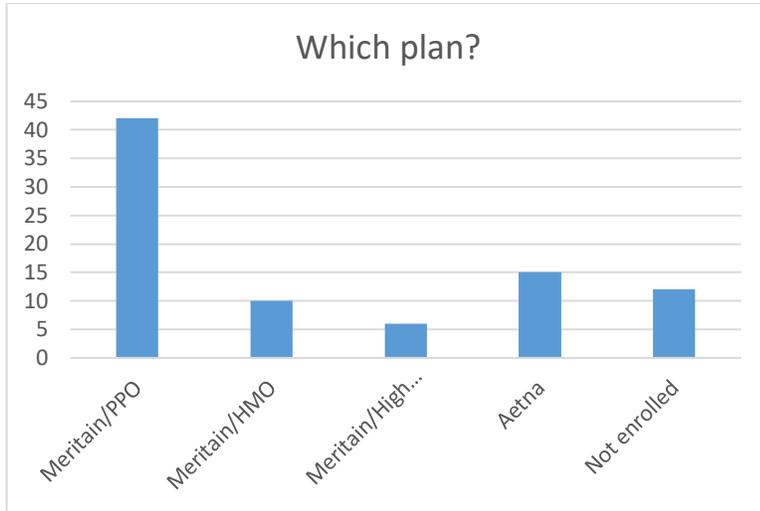
Q2 Currently enrolled in an insurance plan?

Yes	71
No	12
<u>No, but I plan to in the near future</u>	<u>2</u>
Total	85



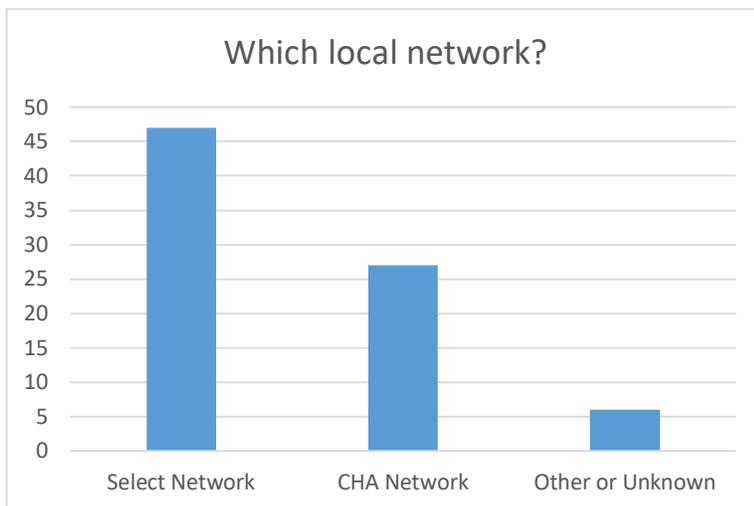
Q3 Which plan?

Meritain/PPO	42
Meritain/HMO	10
Meritain/HDHP	6
Aetna	15
<u>Not Enrolled</u>	<u>12</u>
Total	85



Q4 Which local network?

Select Network	47
CHA Network	27
<u>Other or Unknown</u>	<u>6</u>
Total	80

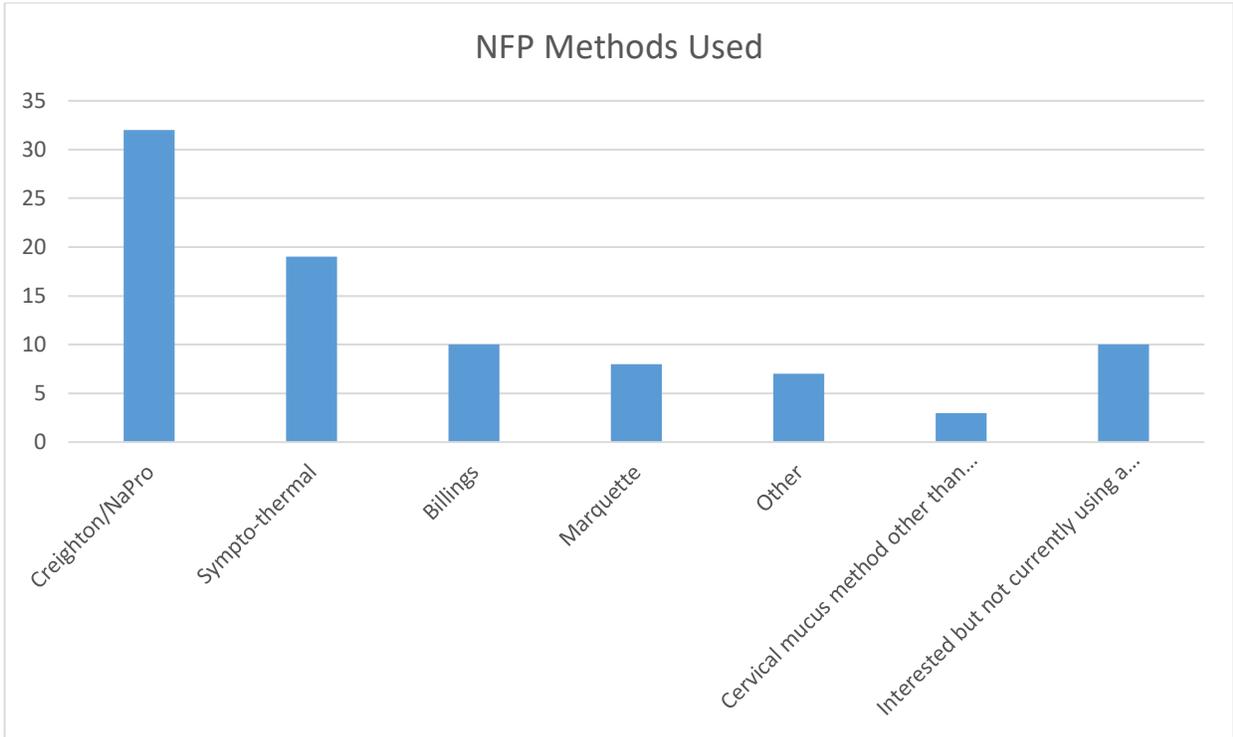


Methods

Q5 What NFP method do you use?

Creighton/NaPro	32
Sympto-thermal	19
Billings	10
Marquette	8
Other	7
Cervical mucus method other than Billings or Creighton	3
Sympto-hormonal method other than Marquette	0
<u>Interested but not currently using a method</u>	<u>10</u>
Total	89*

*The sum (89) exceeds the number of respondents because some people selected more than one method.



Other methods include:

- Diocese of Harrisburg (sympto-thermal)
- An app from Lily (cervical mucus)
- Couple to Couple League (sympto-thermal)
- Fertility Awareness Method
- Natural Cycles iPhone app

Costs

Q6 What kinds of services, materials, and costs are involved in your NFP method or anticipated method?

	Cost for first year				Cost for typical year			
	Min	Median	Max	n	Min	Median	Max	n
Educational Classes	\$35	\$135	\$500	27	\$20	\$55	\$400	9
Consultations	\$100	\$350	\$500	15	\$36	\$110	\$660	18
Charts	\$1	\$15	\$50	15	\$1	\$20	\$120	19
Thermometer	\$5	\$20	\$80	20	\$10	\$15	\$30	5
Test Strips	\$10	\$200	\$420	11	\$20	\$200	\$420	15
App	\$10	\$50	\$80	3	\$5	\$30	\$80	4
Fertility Monitor	\$50	\$130	\$300	13				

Note: The above figures reflect non-zero costs reported by the survey respondent. Reports of \$0 are not included in the summary statistics.

Other/atypical costs not included in the first year or a typical year:

Educational Classes (\$80, 1 respondent)

Thermometer (\$20, 1 respondent)

Test Strips (\$40, 2 respondents)

Fertility Monitor (\$25, 1 respondent)

Other costs mentioned:

Physician care to correct health problems identified through NaPro (\$400 – \$1000/year, 3 respondents)

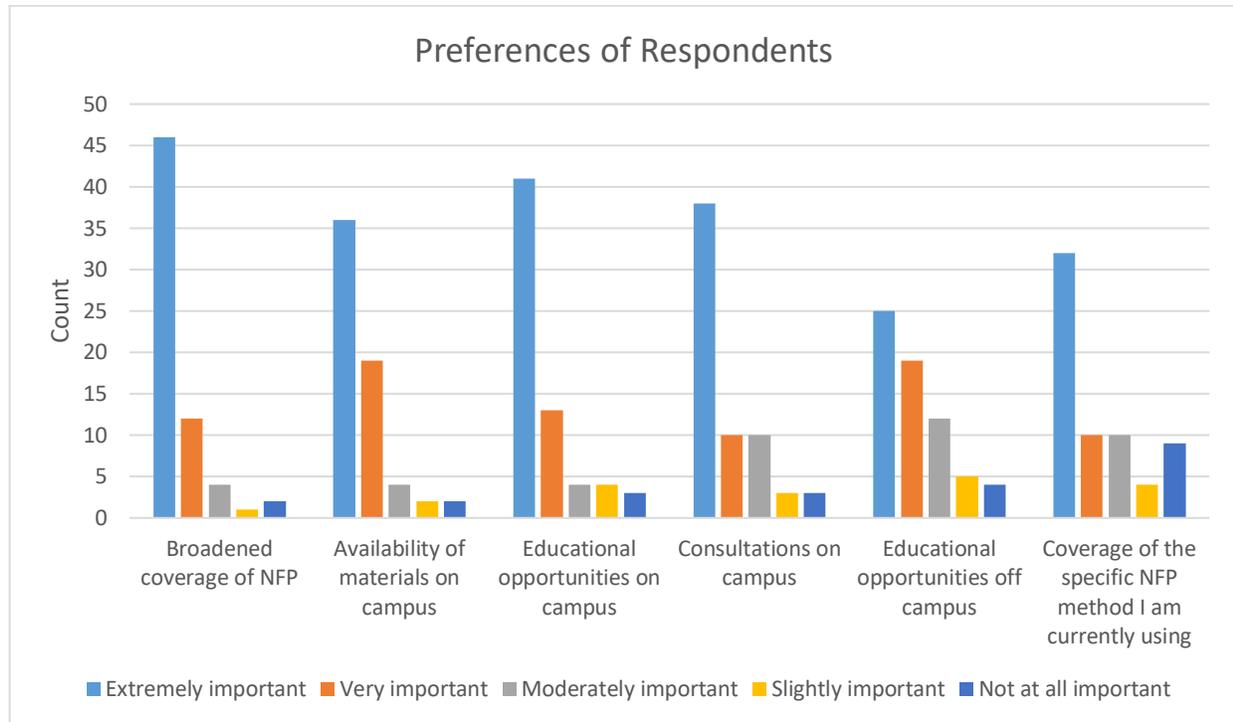
Pregnancy tests (\$40 – \$80/year, 2 respondents)

Thermometer batteries (\$40, 1 respondent)

Preferences

Q9 How important are the following to you at Notre Dame?

Frequency	5 Extremely important	4 Very important	3 Moderately important	2 Slightly important	1 Not at all important	Mean	n
Broadened coverage of NFP	46	12	4	1	2	4.52	65
Availability of materials on campus	36	19	4	2	2	4.35	63
Educational opportunities on campus	41	13	4	4	3	4.31	65
Consultations on campus	38	10	10	3	3	4.20	64
Educational opportunities off campus	25	19	12	5	4	3.86	65
Coverage of the specific NFP method I am currently using	32	10	10	4	9	3.80	65



Free Responses by Category

Question 7: Besides covering the above items, what other things could Notre Dame do to facilitate the practice of NFP (e.g. make consultations available at the Wellness Center)?

In this section, the free response answers are divided into several categories. The relevant content of each response to that category is in black, but the entirety of each response is also included in gray to maintain the voice of the respondent. Some responses appear under several categories. The categories include consultations on campus, consultations off campus or online, group classes or educational sessions on campus, information for those on Notre Dame's health insurance, availability of materials on campus, and other.

Consultations on campus

- Get a NaPro specialist on staff full-time at Wellness Center. Conduct educational sessions in dorms on NFP. Conduct educational sessions throughout campus and make it easy for faculty/staff to attend. The more conversation about the topic, and the more education, the better for everyone.
- Consultations
- Make consultations available at the Wellness Center. Allow for consultations via web (Zoom, Skype, Webex, or something similar).
- making consultations available at the Wellness Center would be great!
- It would be amazing to have a practitioner available at the Wellness Center and to offer large group intro classes for students (even/especially undergrads). With some fertility monitors, there could be a loan program that could help people determine if a certain method/app/device is a good fit for them without incurring the large cost of purchasing one. Alternately, a means for resale could be helpful.
- Covering the above items [listed in Q6], Consultations at the Wellness Center, and covering an online system of tracking would all be helpful.
- Subsidising training on campus as well as consultation hours locally would be huge.
- Make consultations available at the Wellness Center. Have a larger set of Creighton practitioners in the area.
- Wellness centers as well as providing details of where to find teaches of the various methods.
- It would be wonderful to employ a NaPro certified physician or Nurse Practitioner at the Wellness Center. The costs of being trained in the Creighton model are steep for the first year but after there is little to no cost. Many of the dioceses around the country are now requiring NFP training as part of their Pre-Cana marriage prep. This is a worthwhile invest for the couple but for some it can be a costly investment and it would be helpful if the university would cover the costs.
- Having a doctor or nurse on staff who specializes in this area. There are not many. Dr. Parker here in South Bend. Also, one in Chicago I think. But they are few and far between...
- Yes, if I could go to my appointments at the wellness center with the Fertility Care Center that would be a huge help.
- Definitely making consultations available would be helpful. also offering classes in the different methods.
- Below are some issues I wish Notre Dame would do to assist its employees with learning more about NFP.
1) I wish Notre Dame would offer NFP classes to its employees at the Wellness Center. I would prefer these classes to cover not only the Creighton method (which seems to be pretty popular in the South Bend area) but also other methods, e.g., Marquette. 2) I wish Notre Dame would explain how NFP is covered in employee insurance plans, something that Fr. Jenkins promised would happen in his February 2018 letter to faculty and staff. See the following statement from Fr. Jenkins: "The University will also provide in its plans funding for natural family planning options—options that do not use artificial contraceptives but employ natural methods for preventing conception." 3) I would like Notre Dame to make explicit how its different insurance plans cover NFP. It is specifically unclear to me how NFP is covered for those on the CHA plan. St. Joseph Regional Medical Center, which offers NFP services, is not covered for those on this plan. 4) I would like information on whether and/or how the different employee insurance plans would pay for fertility monitors.
- Have a practitioner trained in either Marquette or Creighton available in the Wellness center.

- Consultations at wellness center Support group to meet with other women practicing Resources and encouragement
- Cover or supplement the cost of consultations or educational classes
- Covering the cost of NFP classes - e.g. online instructors, or consultations at the Wellness Center
- Have classes for engaged couples on campus. Promote awareness of NFP on campus to the student body (even for those who aren't married). Even as a single person, I would've liked to know more about this.
- Our method is fairly low-maintenance for now, but we would be more open to trying much more accurate methods if they were made more readily available on-campus (esp. if at low- to no-cost). Right now, if there is university support for alternative NFP methods, most of it is only available off-campus, and so more difficult to obtain (and also often involves extra cost).
- Making educational classes and consultations available at the Wellness Center (faculty and staff, right?) would be fantastic as long as they are also available to those of us students who would normally use St. Liam Hall. Then again, why not make them available at St. Liam's? Should it not be easier for an undergraduate to learn an NFP method than to get birth control? Aside from the fact that graduate students use St. Liam's for health care, there is a strong argument to be made for teaching even unmarried students (e.g., most undergraduates) to use certain natural methods while they are students as part of their normal health care routine. NaPro helps diagnosis of reproductive disorders, not only planning of pregnancy, and the students will then have a skill they can carry forward into life, promoting it in their networks rather than leaving ND having never given it a second thought since it supposedly didn't apply.
- Notre Dame, as the leading Catholic university, should be at the forefront of holding unabashedly to the teachings of the Catholic magisterium. It should do so by first of all offering coverage under the insurance plan for those who choose to learn a method of NFP, and secondly, by offering courses to students, faculty and staff, as well as any others on the campus who seek to learn. But these should be advertised and promoted through the administration, in an effort to increase a culture of respect and sexual integrity among men and women in our community, beginning right in the residence halls, all the way to the contingent and temporary workers.
- On site instructors would be extremely helpful for both graduate students and faculty/staff, or at least resources pointing people to local instructors in the area. It would also be beneficial if classes, consultations, or other resources for instruction for graduate students and faculty/staff were accessible for undergraduates who were interested in learning about NFP for the future. Almost all NFP instructors will emphasize how much better it is for those who want to practice NFP during their marriages to learn it beforehand.
- '- Consultations on campus - Info nights geared towards different groups of people (married, single, etc.)
- NFP courses free of charge, NFP trainers free of charge, NFP materials such as thermometers, test strips, monitors, paper charts, etc. free of charge
- It would be great if consultation is made available at the Wellness Center. It would also be great to highlight which providers in the network offers such services. Events on campus open to all community would also raise awareness of the beauty of life-giving marriages.
- link to print charts, consultations available at wellness center
- Give emphasis and awareness to NFP in benefits materials and campus in general. Also, it would be helpful if consultation was available at the wellness center.
- Consultations and education classes at Wellness for every stage of a woman's fertility.
- consultations at the Wellness Center or St. Liams; availability of Creighton materials (charts, stickers) at the Wellness Center or St. Liams; educational classes on campus on the various methods and difference between the methods
- It would be helpful to have consultations available at the Wellness Center; I would also like coverage access to the NaPro clinic at St. Joseph.
- Notre Dame should have on staff consultants and health providers (including nurses and doctors in the St. Liam's Hall clinic, and the practitioners in the Wellness Center), trained NFP practitioners (e.g., lay NAPRO practitioners - without whose expert help I would have given up on NFP charting before really knowing how to do it!). Everywhere that Notre Dame student services offers care or advice connected with women's

reproductive health, the university should see to it that a competent practitioner and teacher of NFP is there and available to present the method to students as a viable and empirically grounded alternative to artificial contraception, and offer consultations on charting. The Wellness Center and/or the St. Liam's Hall clinic should offer training sessions in NFP that are well and widely advertised for Notre Dame women, and which make sure to emphasize the overall health benefits of NFP charting as a holistic approach to women's health, and make clear that it is not only a form of birth control. Again, these training sessions should be followed by follow-up consultations to help women become skilled and accurate charters. I started charting in part because of significant health problems connected to my fertility -- and the only reason my doctors were able to diagnose and treat the problems was through the finely tuned observations of symptoms achieved through NFP charting (Creighton method charting). Previous doctors had tried to prescribe the birth control pill as a kind of panacea, but the pill only covered up the relevant reproductive symptoms and so made it impossible to identify the underlying problem. NFP is a powerful diagnostic tool for women's health, and if Notre Dame is serious about offering access to effective health care for all the University's women, then it has an obligation to make it possible for all interested Notre Dame women to learn about NFP, and be trained in it.

- consultations at the Wellness Center/hiring a NaPro fertility care practitioner
- Teach NFP on campus. Have an NFP consultant available.
- Consultations and reviewing charts at the wellness center would be AMAZING!
- Consultations would be great. Just like the nutritionist helps me stay healthy, NFP support would help keep that part of me healthy.
- Make consultations available at the Wellness Center Cover materials (e.g. test strips, monitors) under pharmaceutical coverage, not under durable medical equipment Carry materials for Marquette Method in the Walgreens pharmacy in the Wellness Center Provide a list of practitioners for consultations

Consultations off campus or online

- Make consultations available at the Wellness Center. Allow for consultations via web (Zoom, Skype, Webex, or something similar).
- Covering the above items [listed in Q6], Consultations at the Wellness Center, and covering an online system of tracking would all be helpful.
- Subsidising training on campus as well as consultation hours locally would be huge.
- Make consultations available at the Wellness Center. Have a larger set of Creighton practitioners in the area.
- Cover or supplement the cost of consultations or educational classes
- Covering the cost of NFP classes - e.g. online instructors, or consultations at the Wellness Center
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Group classes or educational sessions on campus

- Get a NaPro specialist on staff full-time at Wellness Center. Conduct educational sessions in dorms on NFP. Conduct educational sessions throughout campus and make it easy for faculty/staff to attend. The more conversation about the topic, and the more education, the better for everyone.
- 1) provide classes; 2) distribute information to all holders of health insurance 3) cover NFP in its insurance

- It would be amazing to have a practitioner available at the Wellness Center and to offer large group intro classes for students (even/especially undergrads). With some fertility monitors, there could be a loan program that could help people determine if a certain method/app/device is a good fit for them without incurring the large cost of purchasing one. Alternately, a means for resale could be helpful.
- Offer classes in the major NFP methods. Promote NFP, not only because of Church teaching, but also for its health benefits / lack of health risks vis-a-vis other methods.
- Definitely making consultations available would be helpful. also offering classes in the different methods.
- ' - Consultations on campus - Info nights geared towards different groups of people (married, single, etc.)
- NFP courses free of charge, NFP trainers free of charge, NFP materials such as thermometers, test strips, monitors, paper charts, etc. free of charge
- It would be great if consultation is made available at the Wellness Center. It would also be great to highlight which providers in the network offers such services. Events on campus open to all community would also raise awareness of the beauty of life-giving marriages.
- Cover all methods of NFP, not just a fertility monitor. All systems work differently for each woman. She needs to be empowered to choose the one that works best for her relationship. MAKE SURE that all employees, grad students and anyone else covered by ND insurance know which plans will allow them access to local pro-life NFP-only medical care provided by NaPro physicians. Work more closely with Saint Joseph FertilityCare Center for campus outreach. Have them and any other NFP providers do lunch and learns on campus.
- Consultations and education classes at Wellness for every stage of a woman's fertility.
- consultations at the Wellness Center or St. Liams; availability of Creighton materials (charts, stickers) at the Wellness Center or St. Liams; educational classes on campus on the various methods and difference between the methods
- Educational classes and generally encourage a pro- child/pro-life marriage and family life
- Teach NFP on campus. Have an NFP consultant available.
- Classes with private Q&A sessions.

Information for those on Notre Dame's health insurance

- 1) provide classes; 2) distribute information to all holders of health insurance 3) cover NFP in its insurance
- There should be recommended books available for order. It should be given encouragement and endorsement! NFP has been a help to my larger health issues (endometriosis, stage 4), and finding NFP earlier would have been useful. The university should be a witness for this--healthy for women and the environment.
- Offer classes in the major NFP methods. Promote NFP, not only because of Church teaching, but also for its health benefits / lack of health risks vis-a-vis other methods.
- Wellness centers as well as providing details of where to find teaches of the various methods.
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 - 3) I would like Notre Dame to make explicit how its different insurance plans cover NFP. It is specifically unclear to me how NFP is covered for those on the CHA plan. St. Joseph Regional Medical Center, which offers NFP services, is not covered for those on this plan.
 - 4) I would like information on whether and/or how the different employee insurance plans would pay for fertility monitors.

- On site instructors would be extremely helpful for both graduate students and faculty/staff, or at least resources pointing people to local instructors in the area. It would also be beneficial if classes, consultations, or other resources for instruction for graduate students and faculty/staff were accessible for undergraduates who were interested in learning about NFP for the future. Almost all NFP instructors will emphasize how much better it is for those who want to practice NFP during their marriages to learn it beforehand.
- It would be great if consultation is made available at the Wellness Center. It would also be great to highlight which providers in the network offers such services. Events on campus open to all community would also raise awareness of the beauty of life-giving marriages.
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- Make a concerted effort to talk about this during onboarding (brochures, talk about available classes in community, etc.)
- Give emphasis and awareness to NFP in benefits materials and campus in general. Also, it would be helpful if consultation was available at the wellness center.
- Make consultations available at the Wellness Center Cover materials (e.g. test strips, monitors) under pharmaceutical coverage, not under durable medical equipment Carry materials for Marquette Method in the Walgreens pharmacy in the Wellness Center Provide a list of practitioners for consultations

Availability of materials on campus

- It would be amazing to have a practitioner available at the Wellness Center and to offer large group intro classes for students (even/especially undergrads). With some fertility monitors, there could be a loan program that could help people determine if a certain method/app/device is a good fit for them without incurring the large cost of purchasing one. Alternately, a means for resale could be helpful.
- It would be amazing if they sold monitor test strips (ClearBlue - for Marquette) at the Wellness Center! Amazon I feel sets the prices so high, and they fluctuate so often based on user demand. Have it wholesale cost from Wellness Center (and potentially covered by insurance) would be an incredible relief!
- NFP courses free of charge, NFP trainers free of charge, NFP materials such as thermometers, test strips, monitors, paper charts, etc. free of charge
- consultations at the Wellness Center or St. Liams; availability of Creighton materials (charts, stickers) at the Wellness Center or St. Liams; educational classes on campus on the various methods and difference between the methods
- Make consultations available at the Wellness Center Cover materials (e.g. test strips, monitors) under pharmaceutical coverage, not under durable medical equipment Carry materials for Marquette Method in the Walgreens pharmacy in the Wellness Center Provide a list of practitioners for consultations

Other

- Pair those interested up with users confidentially, or connect them with users outside of Notre Dame so that their privacy can be respected. Support people who miscarry by acknowledging grief and allowing recovery/rest time. Support large families that do not have upscale lifestyles by reminding people what is important in life and in the faith.
- Consultations at wellness center Support group to meet with other women practicing Resources and encouragement
- Have classes for engaged couples on campus. Promote awareness of NFP on campus to the student body (even for those who aren't married). Even as a single person, I would've liked to know more about this.

- Notre Dame, as the leading Catholic university, should be at the forefront of holding unabashedly to the teachings of the Catholic magisterium. It should do so by first of all offering coverage under the insurance plan for those who choose to learn a method of NFP, and secondly, by offering courses to students, faculty and staff, as well as any others on the campus who seek to learn. But these should be advertised and promoted through the administration, in an effort to increase a culture of respect and sexual integrity among men and women in our community, beginning right in the residence halls, all the way to the contingent and temporary workers.
- On site instructors would be extremely helpful for both graduate students and faculty/staff, or at least resources pointing people to local instructors in the area. It would also be beneficial if classes, consultations, or other resources for instruction for graduate students and faculty/staff were accessible for undergraduates who were interested in learning about NFP for the future. Almost all NFP instructors will emphasize how much better it is for those who want to practice NFP during their marriages to learn it beforehand.
- It would be great if consultation is made available at the Wellness Center. It would also be great to highlight which providers in the network offers such services. Events on campus open to all community would also raise awareness of the beauty of life-giving marriages.
- Make it better known. I.e., have doctor's suggest this as the first thing to try when a woman wants to become pregnant or avoid pregnancy; or even for other reasons such as pinpointing problems or just ensuring health, rather than pushing hormonal pills and treatments with serious side effects!
- Cover all methods of NFP, not just a fertility monitor. All systems work differently for each woman. She needs to be empowered to choose the one that works best for her relationship. MAKE SURE that all employees, grad students and anyone else covered by ND insurance know which plans will allow them access to local pro-life NFP-only medical care provided by NaPro physicians. Work more closely with Saint Joseph FertilityCare Center for campus outreach. Have them and any other NFP providers do lunch and learns on campus.
- link to print charts, consultations available at wellness center
- I was fortunate enough to attend free classes in the Billings Method at St. Joseph Hospital when I first got married. As long as there is free and easy accessibility to NFP education I would think that sufficient. The only thing I remember paying for was a thermometer. For those that are not Catholic perhaps offer Fertility Awareness classes as well using methods described in Taking Charge of Your Fertility by Toni Weschler. I think any woman and married couple can benefit from this knowledge even if they end up choosing additional forms of birth control. You can learn so much about your health by being aware.
- Educational classes and generally encourage a pro- child/pro-life marriage and family life

Question 8: What is your motivation for using NFP/switching to NFP? (e.g. moral, religious, health, cost, etc.)

Selected Responses:

“I used various methods of NFP before marriage to understand my irregular cycles, which was hugely helpful to me. I think it's imperative that women have a good understanding of their bodies in this way, starting while single, for health reasons. I now use it in my marriage for moral/religious reasons.”

“My husband and I have chosen to start using the NFP approach for many reasons. We have decided it would be best for us to better adhere to our religious teachings but also to better know my body and to be alerted to possible problems in the future. We also plan to use it when instructing our daughter about her body.”

“Healthier for a woman's body. Better communication for marriage (very low divorce rate for those that practice NFP), open to God's plan for our family size and marriage, important that we follow the teachings of the Catholic Faith, does not cause unintentional abortion like many hormonal contraception devices do, NFP helped us conceive our children and avoid miscarriage through charting and hormonal supplementation using NaPro.”

“Religious and health. I am attracted to NFP not only because of my Catholic faith, but also because I do not wish to use hormonal methods of birth control.”

“Moral, religious, health ... It's what the Catholic church asks of us. But it also makes the most sense from a health perspective.”

“My mother used NFP and I remember seeing her charts growing up. I use NFP because of both religious and health reasons. I love thinking about fertility as the responsibility of the couple and not something the woman alone is responsible for. I gravitate toward holistic healing and minimum interventions so this fits well into that philosophy. I practice NFP mostly to avoid pregnancy but always with an open heart to any child I may conceive.”

“I began using NFP both because of my Catholic faith (my and my husband's commitment to the Catholic Church's teachings on the nature of human sexuality, and the ways in which contraception is contrary to an integral and positive vision of human sexuality), as well as because of health problems connected with my fertility. Without the finely tuned observations I was able to provide my doctors with through charting, a significant health problem would have gone unnoticed and untreatable. If the problem hadn't been caught through NFP charting, I might have lost an ovary or become permanently infertile later in life. My story shows, I think, how NFP and its charting techniques has so much to offer all women who are interested in their health and in understanding their bodies and helping them flourish, regardless of their religious faith or their sexual activity.”

Question 10: Additional Comments

Provided are selected responses to the additional comments section.

“I am very excited about expanded NFP resources at Notre Dame!”

“It's so hard that the only instructors in the region are for Creighton. If there could be an instructor for other methods as well it would be so helpful to broaden the awareness! I know during marriage prep our priest specifically mentioned wishing there was a Marquette instructor in town to co-facilitate the NFP course instead of only teaching one method because of the singularity in instruction that we have in SB.”

“As a practicing Catholic, female staff member who has various health risk factors that make getting pregnant too risky, I would hope and pray that I could get the monetary and other support I need to use the NFP method of choice along with products I determine necessary to assist me, to be covered by my health plan.”

“For years before I knew there was an effective way to achieve or avoid pregnancy, I used a birth control pill that caused other issues in my body. I would love for everyone to have affordable access to non-chemical ways to achieve or avoid pregnancy.”

“I am grateful that the University Faculty for Life is sponsoring this survey. Since the changes to the University medical plan in July, I have personally spoken with staff at the Wellness Center, at ND HR, at Meritain, and at OptumRX to ascertain how to obtain coverage for the costly materials we need for the Marquette Method of NFP (namely, fertility monitors and corresponding test strips). In every conversation, I was met with confusion and needed to explain the materials I am seeking several times. Even though the literature released from the President's Office and HR expressly stated that fertility monitors and test strips would be covered under the plan changes, ND employees and ND-dedicated Meritain employees did not understand the difference between the test strips I need (which are ovulation tests) and pregnancy tests. Marquette is one of the four major NFP methods currently in use. I would expect ND staff at the Wellness Center and in HR, as well as Meritain employees on the ND-dedicated help line, to at least have a basic working understanding of NFP methods and corresponding materials before the changes to the coverage went into effect July 1. These fertility monitor and test strip materials are currently covered in our insurance plan under "durable medical equipment" at 85% after the deductible. This is not comparable and equitable coverage for NFP to pharmaceutical contraceptive methods, which would be covered more fully through our pharmaceutical coverage, but which we choose not to use. I applaud the University for seeking to alleviate the many costs associated with NFP for practicing couples. Please understand that the NFP coverage ND currently offers through Meritain is not equitable to coverage of hormonal birth control. I encourage ND HR to work closely with Meritain to uncover ways that NFP materials can be covered more fully. I also encourage ND HR to educate its own employees, as well as Wellness Center and Meritain employees, to be familiar with NFP methods so that they can answer basic questions. Thank you.”

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Q7 Besides covering the above items, what other things could Notre Dame do to facilitate the practice of NFP (e.g. make consultations available at the Wellness Center)?

Get a NaPro specialist on staff full-time at Wellness Center. Conduct educational sessions in dorms on NFP. Conduct educational sessions throughout campus and make it easy for faculty/staff to attend. The more conversation about the topic, and the more education, the better for everyone.
1) provide classes; 2) distribute information to all holders of health insurance 3) cover NFP in its insurance
Consultations
Make consultations available at the Wellness Center. Allow for consultations via web (Zoom, Skype, Webex, or something similar).
making consultations available at the Wellness Center would be great!
It would be amazing to have a practitioner available at the Wellness Center and to offer large group intro classes for students (even/especially undergrads). With some fertility monitors, there could be a loan program that could help people determine if a certain method/app/device is a good fit for them without incurring the large cost of purchasing one. Alternately, a means for resale could be helpful.
Covering the above items, Consultations at the Wellness Center, and covering an online system of tracking would all be helpful.
Subsidising training on campus as well as consultation hours locally would be huge.
Make consultations available at the Wellness Center. Have a larger set of Creighton practitioners in the area.
There should be recommended books available for order. It should be given encouragement and endorsement! NFP has been a help to my larger health issues (endometriosis, stage 4), and finding NFP earlier would have been useful. The university should be a witness for this--healthy for women and the environment.
Pair those interested up with users confidentially, or connect them with users outside of Notre Dame so that their privacy can be respected. Support people who miscarry by acknowledging grief and allowing recovery/rest time. Support large families that do not have upscale lifestyles by reminding people what is important in life and in the faith.
Offer classes in the major NFP methods. Promote NFP, not only because of Church teaching, but also for its health benefits / lack of health risks vis-a-vis other methods.
Wellness centers as well as providing details of where to find teaches of the various methods.
It would be wonderful to employ a NaPro certified physician or Nurse Practitioner at the Wellness Center. The costs of being trained in the Creighton model are steep for the first year but after there is little to no cost. Many of the dioceses around the country are now requiring NFP training as part of their Pre-Cana marriage prep. This is a worthwhile invest for the couple but for some it can be a costly investment and it would be helpful if the university would cover the costs.
Having a doctor or nurse on staff who specializes in this area. There are not many. Dr. Parker here in South Bend. Also, one in Chicago I think. But they are few and far between...
Yes, if I could go to my appointments at the wellness center with the Fertility Care Center that would be a huge help.

<p>It would be amazing if they sold monitor test strips (ClearBlue - for Marquette) at the Wellness Center! Amazon I feel sets the prices so high, and they fluctuate so often based on user demand. Have it wholesale cost from Wellness Center (and potentially covered by insurance) would be an incredible relief!</p>
<p>Yes</p>
<p>Definitely making consultations available would be helpful. also offering classes in the different methods.</p>
<p>Below are some issues I wish Notre Dame would do to assist its employees with learning more about NFP. 1) I wish Notre Dame would offer NFP classes to its employees at the Wellness Center. I would prefer these classes to cover not only the Creighton method (which seems to be pretty popular in the South Bend area) but also other methods, e.g., Marquette. 2) I wish Notre Dame would explain how NFP is covered in employee insurance plans, something that Fr. Jenkins promised would happen in his February 2018 letter to faculty and staff. See the following statement from Fr. Jenkins: "The University will also provide in its plans funding for natural family planning options—options that do not use artificial contraceptives but employ natural methods for preventing conception." 3) I would like Notre Dame to make explicit how its different insurance plans cover NFP. It is specifically unclear to me how NFP is covered for those on the CHA plan. St. Joseph Regional Medical Center, which offers NFP services, is not covered for those on this plan. 4) I would like information on whether and/or how the different employee insurance plans would pay for fertility monitors.</p>
<p>Have a practitioner trained in either Marquette or Creighton available in the Wellness center.</p>
<p>Consultations at wellness center Support group to meet with other women practicing Resources and encouragement</p>
<p>Cover or supplement the cost of consultations or educational classes</p>
<p>Covering the cost of NFP classes - e.g. online instructors, or consultations at the Wellness Center</p>
<p>Have classes for engaged couples on campus. Promote awareness of NFP on campus to the student body (even for those who aren't married). Even as a single person, I would've liked to know more about this.</p>
<p>Our method is fairly low-maintenance for now, but we would be more open to trying much more accurate methods if they were made more readily available on-campus (esp. if at low- to no-cost). Right now, if there is university support for alternative NFP methods, most of it is only available off-campus, and so more difficult to obtain (and also often involves extra cost).</p>
<p>Making educational classes and consultations available at the Wellness Center (faculty and staff, right?) would be fantastic as long as they are also available to those of us students who would normally use St. Liam Hall (including graduate students like myself and my husband). Then again, why not make them available at St. Liam's? Should it not be easier for an undergraduate to learn an NFP method than to get birth control? Aside from the fact that graduate students (like myself) use St. Liam's for health care, there is a strong argument to be made for teaching even unmarried students (e.g., most undergraduates) to use certain natural methods while they are students as part of their normal health care routine. NaPro helps diagnosis of reproductive disorders, not only planning of pregnancy, and the students will then have a skill they can carry forward into life, promoting it in their networks rather than leaving ND having never given it a second thought since it supposedly didn't apply.</p>
<p>Notre Dame, as the leading Catholic university, should be at the forefront of holding unabashedly to the teachings of the Catholic magisterium. It should do so by first of all offering coverage under the insurance plan for those who choose to learn a method of NFP, and secondly, by offering courses to students, faculty and staff, as well as any others on the campus who seek to learn. But these should be advertised and promoted through the administration, in an effort to increase a culture of respect and sexual integrity among men and women in our community, beginning right in the residence halls, all the way to the contingent and temporary workers.</p>

<p>On site instructors would be extremely helpful for both graduate students and faculty/staff, or at least resources pointing people to local instructors in the area. It would also be beneficial if classes, consultations, or other resources for instruction for graduate students and faculty/staff were accessible for undergraduates who were interested in learning about NFP for the future. Almost all NFP instructors will emphasize how much better it is for those who want to practice NFP during their marriages to learn it beforehand.</p>
<p>'- Consultations on campus - Info nights geared towards different groups of people (married, single, etc.)</p>
<p>NFP courses free of charge, NFP trainers free of charge, NFP materials such as thermometers, test strips, monitors, paper charts, etc. free of charge</p>
<p>It would be great if consultation is made available at the Wellness Center. It would also be great to highlight which providers in the network offers such services. Events on campus open to all community would also raise awareness of the beauty of life-giving marriages.</p>
<p>Make it better known. I.e., have doctor's suggest this as the first thing to try when a woman wants to become pregnant or avoid pregnancy; or even for other reasons such as pinpointing problems or just ensuring health, rather than pushing hormonal pills and treatments with serious side effects!</p>
<p>Cover all methods of NFP, not just a fertility monitor. All systems work differently for each woman. She needs to be empowered to choose the one that works best for her relationship. MAKE SURE that all employees, grad students and anyone else covered by ND insurance know which plans will allow them access to local pro-life NFP-only medical care provided by NaPro physicians. Work more closely with Saint Joseph FertilityCare Center for campus outreach. Have them and any other NFP providers do lunch and learns on campus.</p>
<p>Make a concerted effort to talk about this during onboarding (brochures, talk about available classes in community, etc.)</p>
<p>link to print charts, consultations available at wellness center</p>
<p>Give emphasis and awareness to NFP in benefits materials and campus in general. Also, it would be helpful if consultation was available at the wellness center.</p>
<p>I was fortunate enough to attend free classes in the Billings Method at St. Joseph Hospital when I first got married. As long as there is free and easy accessibility to NFP education I would think that sufficient. The only thing I remember paying for was a thermometer. For those that are not Catholic perhaps offer Fertility Awareness classes as well using methods described in Taking Charge of Your Fertility by Toni Weschler. I think any woman and married couple can benefit from this knowledge even if they end up choosing additional forms of birth control. You can learn so much about your health by being aware.</p>
<p>Consultations and education classes at Wellness for every stage of a woman's fertility.</p>
<p>consultations at the Wellness Center or St. Liams; availability of Creighton materials (charts, stickers) at the Wellness Center or St. Liams; educational classes on campus on the various methods and difference between the methods</p>
<p>Educational classes and generally encourage a pro- child/pro-life marriage and family life</p>
<p>It would be helpful to have consultations available at the Wellness Center; I would also like coverage access to the NaPro clinic at St. Joseph.</p>

Notre Dame should have on staff consultants and health providers (including nurses and doctors in the St. Liam's Hall clinic, and the practitioners in the Wellness Center), trained NFP practitioners (e.g., lay NAPRO practitioners - without whose expert help I would have given up on NFP charting before really knowing how to do it!). Everywhere that Notre Dame student services offers care or advice connected with women's reproductive health, the university should see to it that a competent practitioner and teacher of NFP is there and available to present the method to students as a viable and empirically grounded alternative to artificial contraception, and offer consultations on charting. The Wellness Center and/or the St. Liam's Hall clinic should offer training sessions in NFP that are well and widely advertised for Notre Dame women, and which make sure to emphasize the overall health benefits of NFP charting as a holistic approach to women's health, and make clear that it is not only a form of birth control. Again, these training sessions should be followed by follow-up consultations to help women become skilled and accurate charters. I started charting in part because of significant health problems connected to my fertility -- and the only reason my doctors were able to diagnose and treat the problems was through the finely tuned observations of symptoms achieved through NFP charting (Creighton method charting). Previous doctors had tried to prescribe the birth control pill as a kind of panacea, but the pill only covered up the relevant reproductive symptoms and so made it impossible to identify the underlying problem. NFP is a powerful diagnostic tool for women's health, and if Notre Dame is serious about offering access to effective health care for all the University's women, then it has an obligation to make it possible for all interested Notre Dame women to learn about NFP, and be trained in it.

consultations at the Wellness Center/hiring a NaPro fertility care practitioner

Teach NFP on campus. Have an NFP consultant available.

Classes with private Q&A sessions.

Consultations and reviewing charts at the wellness center would be AMAZING!

Consultations would be great. Just like the nutritionist helps me stay healthy, NFP support would help keep that part of me healthy.

Make consultations available at the Wellness Center Cover materials (e.g. test strips, monitors) under pharmaceutical coverage, not under durable medical equipment Carry materials for Marquette Method in the Walgreens pharmacy in the Wellness Center Provide a list of practitioners for consultations

ELIMINATE COVERAGE FOR ARTIFICIAL CONTRACEPTION AND STAY FAITHFUL TO THE TEACHINGS OF THE CHURCH.

Q8 What is your motivation for using NFP/switching to NFP? (e.g. moral, religious, health, cost, etc.)

Religious, health
Moral, my relationship with God, so good for marriage, totally "organic"
Moral and religious
Moral
Moral, religious, health and cost.
All of the above. Creighton method aligns with my morals and religious beliefs. It is more affordable than any other artificial method to achieve a pregnancy. It is healthier for my family. And it's more reliable than any form of contraception.
NFP is natural. It's safe. It's been effective for us. I believe it respects the God-given meaning of sex.
moral and religious
religious and health
I used various methods of NFP before marriage to understand my irregular cycles, which was hugely helpful to me. I think it's imperative that women have a good understanding of their bodies in this way, starting while single, for health reasons. I now use it in my marriage for moral/religious reasons.
Moral/religious
Moral, religious, health, blueprint for good marital communication...it is the best.
Moral, religious and health reasons.
Moral & health. As a young professional, I had incredibly painful cramps (passing out, inability to walk). Multiple OBGYNs just wanted to put me on the pill. I never took them because of my faith. BUT finally I found a Catholic practice. They instead did an ultrasound and found 4 orange-size endometriomas, which were surgically removed. The pill is used to mask symptoms often, but true health requires something more. It was a fuller practice that found and fixed the real problem.
Moral, religious, health My husband is a convert and took the intellectual lead. He deserves the credit.
Religious, moral
My husband and I have chosen to start using the NFP approach for many reasons. We have decided it would be best for us to better adhere to our religious teachings but also to better know my body and to be alerted to possible problems in the future. We also plan to use it when instructing our daughter about her body.
It is the best method for planning a family that focuses on the flourishing of the whole family. It does not succeed by suppressing natural processes, but instead leverages them for the good of the people involved.
Healthier for a woman's body. Better communication for marriage (very low divorce rate for those that practice NFP), open to God's plan for our family size and marriage, important that we follow the teachings of the Catholic Faith, does not cause unintentional abortion like many hormonal contraception devices do, NFP helped us conceive our children and avoid miscarriage through charting and hormonal supplementation using NaPro.
We used NFP in the past. Our reasons were religious and moral.

Primarily religious and moral reasons. Secondly, health.
obedience to Catholic teaching
Practicing the teachings of the Catholic Church and being ever more conformed to the likeness of Jesus Christ.
All of the above
moral and religious and health and cost! =>
Religious and health. I am attracted to NFP not only because of my Catholic faith, but also because I do not wish to use hormonal methods of birth control.
Moral, religious, health ... It's what the Catholic church asks of us. But it also makes the most sense from a health perspective.
Moral, religious, health and all natural
Religious and health
Moral and religious
Moral and religious. Also for general health and well-being of our marriage.
Primarily, the Catholic Church's teaching on birth-control (and integrally related social teachings related to human sexuality).
Religious (Roman Catholic), health (I do not want to bear physically the cost of pumping chemicals into my body without need), moral/environmental (I do not want to bear the responsibility of the costs of production of pharmaceuticals nor that of the leaching of excess hormones into the water supply), moral/social (I do not want to promote a culture in which women cannot find husbands because they have been incentivized away from marriage by birth control, nor do I want to be responsible for any of the other negative effects of the separation of sex from pregnancy).
Health--no side effects Cost-virtually free, once learned Morality- respects the natural occurring cycles of my wife (and natural law!) Religious- in fidelity to the Catholic Church
Moral and religious, though the health and cost factors help!
'- Gaudium et spes, no. 48 - Catechism of the Catholic Church 2368
Moral, Religious, and Health
moral, religious, health, cost - yep!
Personal health, moral concerns
Religious and health
Moral and health
I am Catholic. I am a naturalist in the sense that I avoid synthetic/artificial medications, food, etc. as much as possible. I am frugal and decided that spending \$35 one time would be much less expensive than constantly buying pills. From a purely medical standpoint, the pill was never an option because I did my own homework on it and realized how dangerous it is (something a GP will never tell you!).

Health and religious. NFP revealed a myriad of health issues I faced as an unmarried woman and We were able to begin working on healing those situations even before I needed nfp for family planning.
Moral, religious, health
Catholic--not interested in contraception; personal health (physical and emotional--feel better off the pill, concerned about effects of the pill)
Moral/religious, health, cost. It is in line with my beliefs. I do not potentially abort my unborn children. It does not require me to harm my body by ingesting artificial chemicals. It is inexpensive as a yearly expense.
My mother used NFP and I remember seeing her charts growing up. I use NFP because of both religious and health reasons. I love thinking about fertility as the responsibility of the couple and not something the woman alone is responsible for. I gravitate toward holistic healing and minimum interventions so this fits well into that philosophy. I practice NFP mostly to avoid pregnancy but always with an open heart to any child I may conceive.
Moral
moral, religious, health, and cost
Religious and health
moral, religious, and health reasons
I began using NFP both because of my Catholic faith (my and my husband's commitment to the Catholic Church's teachings on the nature of human sexuality, and the ways in which contraception is contrary to an integral and positive vision of human sexuality), as well as because of health problems connected with my fertility. As I said in answer to the last question, without the finely tuned observations I was able to provide my doctors with through charting, a significant health problem would have gone unnoticed and untreatable. If the problem hadn't been caught through NFP charting, I might have lost an ovary or become permanently infertile later in life. My story shows, I think, how NFP and its charting techniques has so much to offer all women who are interested in their health and in understanding their bodies and helping them flourish, regardless of their religious faith or their sexual activity.
To better know and understand my body's systems, signs, etc. To use a natural, non-chemical, non-interruptive method for tracking (rather than suppressing) fertility and addressing fertility-related health issues. To avoid cooperation with an industry and products that harm women and have the potential to destroy life. For personal religious reasons.
Contraception is immoral and bad for marriage. The Church teaches that contraception is always wrong. NFP is easy , cheap and natural. It is pro-woman!!
Religious
Moral.
Moral, religious, and to help keep an eye on that aspect of my health.
Religious and moral, with health as an added benefit
Health and religious
RELIGIOUS

Q10 Please use this space to provide additional comments.

I am very excited about expanded NFP resources at Notre Dame!
I would love to see Notre Dame be a pioneer in this space and bring the actual implementation of this policy in line with the ambitious language when announced.
Thank you for the efforts to understand our NFP needs. It seems the focus has been on providing birth control/abortifacients while many of us are paying out of pocket for a method that is actually morally acceptable and consistent with Catholic teaching. It is inconsistent and hypocritical to seek "access" for people who "rely" on employers paying for birth control/abortifacients while not providing similar/better coverage for those of us seeking access and education about natural methods.
Thank you for attending to this need. It is LONG overdue. You have the support of an extremely large number of folks (who may be less than vocal but are talking about it all the time)
Thank you for asking. Thank you for supporting families that use NFP within the pro-life movement and outside of it.
If classes and coverage were offered to faculty, staff and students it could prove not only to be a cost savings to the university and individual (creating less of a need for other means of contraception) but it would be instrumental in the individual knowing their body and better adhering to the church's teachings.
It's so hard that the only instructors in the region are for Creighton. If there could be an instructor for other methods as well it would be so helpful to broaden the awareness! I know during marriage prep our priest specifically mentioned wishing there was a Marquette instructor in town to co-facilitate the NFP course instead of only teaching one method because of the singularity in instruction that we have in SB.
To reiterate, it remains unclear to me how the CHA plan at the University of Notre Dame covers NFP services. I would like more information on this.
We use the Marquette method - the most important issues for our family include covering the cost of the monitor and monthly test strips. Consultations would also be welcome.
It is sad that Notre Dame currently covers contraception and not NFP resources. As a catholic university, we need to promote catholic social teaching. I am hopeful that coverage will be expanded for this in the future.
I have been pondering the issue which is the topic of this survey and would be very happy to be involved in further advocacy.
I believe that Notre Dame should review the last statement from their mission: In all dimensions of the University, Notre Dame pursues its objectives through the formation of an authentic human community graced by the Spirit of Christ. NFP is the predominant way to form an authentic "human" community on the most fundamental level. The fact that Notre Dame publishes this sort of statement on their website but then in practice provide contraception in their healthcare plan, but NOT NFP, makes me question their logic and ability to make decisions for a Catholic institution.
Thanks! Hope NFP coverage and education increases! :)
Thank you for considering covering NFP. As a Catholic institution, Notre Dame should consider covering NFP to be a witness to young Catholic women who want to follow the church's teaching.
This is such an important issue that can help build stronger marriages and stronger and healthier families! So glad you are doing this!
Thank you for putting this together and for the great work you're doing!

The university should cover and help educate about NFP just as it should not cover contraceptives and abortifacient drugs.

As a practicing Catholic, female staff member who has various health risk factors that make getting pregnant too risky, I would hope and pray that I could get the monetary and other support I need to use the NFP method of choice along with products I determine necessary to assist me, to be covered by my health plan.

For years before I knew there was an effective way to achieve or avoid pregnancy, I used a birth control pill that caused other issues in my body. I would love for everyone to have affordable access to non-chemical ways to achieve or avoid pregnancy.

I am grateful that the University Faculty for Life is sponsoring this survey. Since the changes to the University medical plan in July, I have personally spoken with staff at the Wellness Center, at ND HR, at Meritain, and at OptumRX to ascertain how to obtain coverage for the costly materials we need for the Marquette Method of NFP (namely, fertility monitors and corresponding test strips). In every conversation, I was met with confusion and needed to explain the materials I am seeking several times. Even though the literature released from the President's Office and HR expressly stated that fertility monitors and test strips would be covered under the plan changes, ND employees and ND-dedicated Meritain employees did not understand the difference between the test strips I need (which are ovulation tests) and pregnancy tests. Marquette is one of the four major NFP methods currently in use. I would expect ND staff at the Wellness Center and in HR, as well as Meritain employees on the ND-dedicated help line, to at least have a basic working understanding of NFP methods and corresponding materials before the changes to the coverage went into effect July 1. These fertility monitor and test strip materials are currently covered in our insurance plan under "durable medical equipment" at 85% after the deductible. This is not comparable and equitable coverage for NFP to pharmaceutical contraceptive methods, which would be covered more fully through our pharmaceutical coverage, but which we choose not to use. I applaud the University for seeking to alleviate the many costs associated with NFP for practicing couples. Please understand that the NFP coverage ND currently offers through Meritain is not equitable to coverage of hormonal birth control. I encourage ND HR to work closely with Meritain to uncover ways that NFP materials can be covered more fully. I also encourage ND HR to educate its own employees, as well as Wellness Center and Meritain employees, to be familiar with NFP methods so that they can answer basic questions. Thank you.

GREAT IDEA FOR THIS SURVEY.