Plan First, is a Montana Medicaid Waiver that covers family planning services for eligible women. Some of the services covered include office visits, contraceptive supplies, laboratory services, and testing and treatment of STDs. In general, elegibility is open to:

- Montana Residents
- Females age 19 through 44
- Able to bear children and not presently pregnant
- Annual household income up to and including 200% Federal Poverty Level
- No other family planning health coverage (i.e., through insurance)

This program is limited to 4,000 women at any given time. CMS notified the department of the approval of this waiver on May 30, 2012 and this waiver is approved through December 31, 2013.