

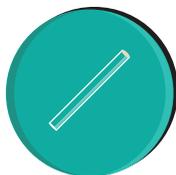
Birth Control

What is right for you?

You've just welcomed a baby – are you ready for another? Providers suggest waiting at least 18 months before having another baby so that you will remain healthy through your pregnancy. You have options to help prevent pregnancy and plan for your next one.

- Tubal ligation/vasectomy
- Condoms and other natural methods
- Shot, patch, pill, ring
- Implant, intrauterine device (IUD)

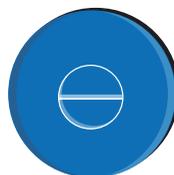
What's most effective?



Implant
99.5%



IUD
99.2%



Pill
91%



Condom
82%

Content source: Centers for Disease Control and Prevention's Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion

The most safe and effective reversible option for women is also known as long-acting reversible contraception (LARC). LARC includes the implant and the IUD.

LARC can prevent pregnancy for years and can be removed at any time. You can become pregnant soon after it's removed. Talk to your health care provider about your options.

**Cost of birth control may depend on when you get the method and your health insurance.*