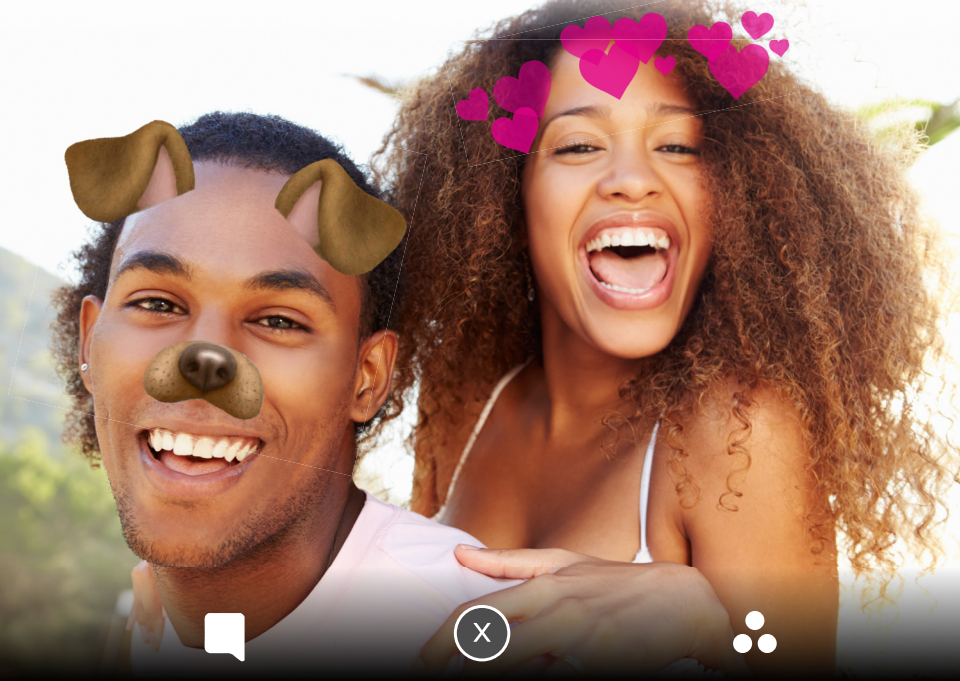


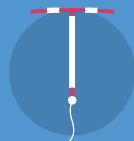
Remembering
birth control just got a
lot more **awesome!**



MIRENA & LILETTA



NEXPLANON



PARAGARD

Don't follow your dreams, **Chase them!**

LOW MAINTENANCE FAMILY PLANNING CHOICES MAKE IT POSSIBLE.



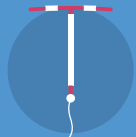
MIRENA & LILETTA

- Small, T-shaped devices made of flexible plastic that contain hormones that keep your ovaries from releasing eggs and keeps sperm from reaching your eggs.
- Depending on your choice, offers between 3 to 5 years of family planning protection.



NEXPLANON

- A thin, matchstick size plastic rod that is inserted under the skin of your upper arm.
- Releases a small amount of hormone that keeps your ovaries from releasing eggs and keeps sperm from reaching your eggs.
- Offers up to 3 years of family planning protection.



PARAGARD

- Small, hormone free, T-shaped device made of soft, flexible plastic and a small amount of copper.
- Prevents sperm from reaching and fertilizing the egg.
- Offers up to 10 years of family planning protection.

ALL OF THESE LOW MAINTENANCE METHODS CAN BE REMOVED AT ANY TIME BY A HEALTHCARE PROVIDER.

Talk with a healthcare provider about which method is best for you.

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Abstinence is the only 100% birth control method that will prevent pregnancy, STDs, and HIV.
Condoms are a form of birth control that can help protect against pregnancy, STDs, and HIV.

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