

What type of birth control are you using?



- Sterilization
- Implant
- IUD
- Pills
- Injectable
- Patch
- Ring
- Diaphragm
- Male/Female Condom

Help prevent unplanned pregnancies by choosing the birth control method that is right for you.

Talk to your health care provider about birth control options and visit www.bedsider.org for more information.

To find a health care provider call your health plan - the phone number is on your member card. **If you do not have a health plan, call 1-877-912-1999.**

