

# Are you currently using or interested in using contraception...?



Contraception, sometimes called birth control, is a medication or device that can prevent the spread of a sexually transmitted infection (STI) and/or pregnancy. Certain methods can also be used to treat a range of medical conditions including absent or irregular menstrual periods, menstrual cramps, acne, PMS, endometriosis, Primary Ovarian Insufficiency (POI), and Polycystic Ovary Syndrome (PCOS).

## Types of contraception...

- Diaphragm and cervical cap
- Emergency contraception (sometimes called the morning after pill) - brand names include Ella, My Way, Plan B, and Take Action
- External and internal condoms (sometimes called "male" and "female" condoms)
- Fertility Awareness (Rythym Method)
- Hormonal intrauterine device (sometimes called the IUD) - brand names include Mirena, Skyla, Kyleena, and Liletta
- Implant - brand name is Nexplanon
- Injection (sometimes called the shot) - brand name is Depo-Provera
- Non-hormonal intrauterine device (sometimes called the copper IUD) - brand name is Paragard
- Oral Contraception (sometimes called the pill) - brand names include Aviane, Camila, Loestrin, and Ortho Tri-Cyclen
- Patch - brand name is Ortho Evra
- Ring - brand name is Nuva Ring
- Spermicide
- Sponge
- Sterilization (sometimes called a vasectomy, tubal ligation, fallopian occlusion, or getting your tubes tied)

Visit [www.bedsider.org](http://www.bedsider.org) for more information about all of these methods.

**Talk to your health care provider if you are interested in using contraception, trying a new method, or switching your current method to:**

- prevent the spread of a sexually transmitted infection (STI)
- prevent a mistimed or unwanted pregnancy
- treat a medical condition

To find a health care provider, call the phone number listed on your health plan member card. If you do not have a health plan, visit [www.getcovered.illinois.gov](http://www.getcovered.illinois.gov) to find the coverage that is right for you.

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