



**A Step Ahead Foundation pays for three types of reversible, long-lasting, highly effective birth control:**

- **Nexplanon** - Arm implant, lasts 3 years
- **Hormonal IUD** - Skyla, Kyleena, Liletta, or Mirena, lasts 3-5 years
- **Non-Hormonal IUD** - ParaGard, lasts 10 years

**\*All methods are fully reversible and can be removed at any time for free through A Step Ahead Foundation.**

These types of birth control do NOT prevent sexually transmitted infections - always use a condom in addition to these methods to reduce the risk of STI's

➤ **FREE TRANSPORTATION AVAILABLE**

**Get more information about these methods of birth control and our services at:**

**[GetFreeBirthControl.org](http://GetFreeBirthControl.org)**



# FREE REVERSIBLE BIRTH CONTROL

## **A Step Ahead Foundation**

Memphis/Shelby County  
901-320-STEP (7837)  
[www.AStepAheadFoundation.org](http://www.AStepAheadFoundation.org)

## **A Step Ahead of West Tennessee**

Jackson/Madison Co. & surrounding counties  
731-468-STEP (7837)  
[www.ASAFWestTN.org](http://www.ASAFWestTN.org)

## **A Step Ahead of Middle Tennessee**

Nashville/Davidson Co. & surrounding counties  
615-671-STEP (7837)  
[www.AStepAheadMiddleTN.org](http://www.AStepAheadMiddleTN.org)

## **A Step Ahead Chattanooga**

Chattanooga/Hamilton Co. & surrounding counties  
423-265-STEP (7837)  
[www.AStepAheadChattanooga.org](http://www.AStepAheadChattanooga.org)

## **A Step Ahead of East Tennessee**

Knoxville/Knox County  
865-65-STEP2 (78372)  
[www.AStepAheadEastTN.org](http://www.AStepAheadEastTN.org)

Plan your life. Plan your future. Plan your babies.