**WHICH BIRTH CONTROL METHOD WORKS BEST FOR YOU?**

A Step Ahead will pay for these methods

<table>
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<th>METHOD</th>
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</table>
| Implant (Nexplanon)     | • Small implant (size of a matchstick) is placed under the skin of the upper arm  
                          | • Releases small amount of progestin that stops ovaries from releasing egg  
                          | • Must be put in & taken out by a doctor/nurse practitioner               | • Over 99% effective  
                          | • Easy to use  
                          | • Lasts up to three years; can be taken out anytime  
                          | • Quick return to fertility  
                          | • For some women, lighter or no period  
                          | • Forgettable                                                                 | • Does not protect against STDs or HIV  
                          | • Need to take out if woman gets pregnant  
                          | • Possible irregular periods                                                                 | • Less than 1 pregnancy per 100 women in one year |
| Hormonal IUD (Mirena IUD, Skyla IUD, Liletta & Kyleena IUD) | • Small T-shaped plastic device placed in your uterus  
                          | • Releases small amount of progestin that stops ovaries from releasing egg  
                          | • Makes it hard for sperm to move within the uterus  
                          | • Must be put in & taken out by a doctor/nurse practitioner               | • Over 99% effective  
                          | • Easy to use  
                          | • Lasts up to three to five years; can be taken out at any time  
                          | • Quick return to fertility  
                          | • For some women, lighter or no period  
                          | • Forgettable                                                                 | • Does not protect against STDs or HIV  
                          | • Need to take out if woman gets pregnant  
                          | • Possible irregular periods which may be heaviest at the beginning                                                                 | • Less than 1 pregnancy per 100 women in one year |
| Copper IUD (Paragard IUD) | • Small T-shaped device that is placed in the uterus  
                          | • Copper ions weaken sperm  
                          | • Must be put in & taken out by a doctor/nurse practitioner               | • Over 99% effective  
                          | • Easy to use  
                          | • Lasts up to ten years; can be taken out at any time  
                          | • No hormones  
                          | • Quick return to fertility  
                          | • Forgettable                                                                 | • Does not protect against STDs or HIV  
                          | • Need to take out if woman gets pregnant  
                          | • Possible heavier, crampier periods                                                                 | • Less than 1 pregnancy per 100 women in one year |
| The Shot (Depo-Provera) | • Hormone is given in the form of an injection  
                          | • Stops ovaries from releasing egg  
                          | • Slowly released over 3 months  
                          | • Must see your healthcare provider every 85 days                         | • Over 94% effective  
                          | • May decrease bleeding & cramping during periods  
                          | • Lasts for 3 months                                                                 | • Does not protect against STDs or HIV  
                          | • Slower (possibly several months) return to fertility  
                          | • May have irregular bleeding that may improve over time  
                          | • Possible slight weight gain                                                                                             | • 6 to 12 pregnancies per 100 women in one year |
### Implant

**Nexplanon**
- Contraceptive implants
- Over 99% effective
- Inserted into the upper arm where it is out of view
- Works up to 3 years
- If a woman wants to become pregnant the device can be removed at any time

### Hormonal IUD

**Mirena, Skyla, Liletta & Kyleena IUDs**
- Soft, flexible T-shaped IUD
- Over 99% effective
- Releases small amounts of hormones into the uterus
- Works up to 3 - 5 years
- If a woman wants to become pregnant the device can be removed at any time

### Copper IUD

**ParaGard IUD**
- Hormone free birth control
- Over 99% effective
- Releases copper ions that act as spermicide
- Works up to 10 years
- If a woman wants to become pregnant the device can be removed at any time

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**A STEP AHEAD FOUNDATION**

**ALL OF THESE METHODS ARE REVERSIBLE.**

www.AStepAheadFoundation.org  901-320-STEP (7837)