



KNOW YOUR OPTIONS

Take a look and see if you can find the right one for you.

YOUR-LIFE.COM

or ask your healthcare provider.



SUPER EFFECTIVE

99%*



The Implant
3-5 YEARS



IUS
Hormonal Intrauterine System
3-6 YEARS



IUD
Copper Intrauterine Device
5-10 YEARS

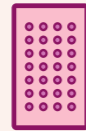


Sterilization
FOREVER

LESS THAN 1 pregnancy per 100 WOMEN in 1 YEAR

HIGHLY EFFECTIVE

93-96%*



The Pill
EVERY DAY



The Patch
EVERY WEEK



Vaginal Ring
EVERY MONTH



Injection
1, 2 OR 3 MONTHS

4-7 pregnancies per 100 WOMEN in 1 YEAR

LESS EFFECTIVE

76-87%*



Pull-out Method
EVERY TIME



Cervical Cap, Diaphragm & Sponge
EVERY TIME



Fertility Awareness
EVERY DAY



Spermicides
EVERY TIME



Female & Male Condom
SINGLE USE

13 OR MORE pregnancies per 100 WOMEN in 1 YEAR

*AT TYPICAL USE

SOURCE: TRUSSELL J, AIKEN ARA, MICKES E, GUTHRIE K. EFFICACY, SAFETY, AND PERSONAL CONSIDERATIONS. IN: CONTRACEPTIVE TECHNOLOGY, 21ST ED, HATCHER RA, NELSON AL, TRUSSELL J, ET AL (EDS), AYER COMPANY PUBLISHERS, INC., NEW YORK 2018.

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