

THINGS TO REMEMBER FOR YOUR Well woman exam

Topics to discuss

- * Birth control options (see additional pages)
- * Sexually transmitted diseases (STDs)
- * Your reproductive health
- * Being more active
- * Your safety and relationships
- * Eating healthy foods
- * Anxiety, depression, or other mental health issues







Important questions to ask

- * Do I need any important vaccinations?
- * What changes can I make to eat healthier?
- * How can I protect myself from HIV and other STDs?
- * Which form of birth control is right for me?
- * How do I know if my relationship is healthy and safe?
- * Where can I get help if I am anxious or depressed?
- * How can I be more physically active?

How well does birth control work?



Medicaid provides free birth control. All costs listed are full-price with no insurance coverage.

<p><i>Really, really well</i></p> <p>★★★★★</p> <p>WORKS, HASSLE-FREE, FOR UP TO...</p>	<p>THE IMPLANT \$450-\$800</p>  <p>3 YEARS</p>	<p>IUD HORMONAL \$500-\$927</p>  <p>3-5 YEARS</p>	<p>IUD NON-HORMONAL \$500-\$932</p>  <p>10-12 YEARS</p>	<p>STERILIZATION \$500-\$5,000</p>  <p>FOREVER</p>	<p>WHAT IS YOUR CHANCE OF GETTING PREGNANT?</p>  <p>LESS THAN 1 IN 100 WOMEN</p>		
	<p><i>O.K.</i></p> <p>★★★</p> <p>FOR IT TO WORK BEST, USE IT...</p>	<p>THE PILL \$10-\$50/MONTH</p>  <p>EVERY. SINGLE. DAY.</p>	<p>THE PATCH \$30-\$85/MONTH</p>  <p>EVERY WEEK</p>	<p>THE RING \$30-\$75/MONTH</p>  <p>EVERY MONTH</p>	<p>THE SHOT \$50-\$120</p>  <p>EVERY THREE MONTHS</p>	<p>WHAT IS YOUR CHANCE OF GETTING PREGNANT?</p>  <p>6-9 IN 100 WOMEN, DEPENDING ON METHOD</p>	
		<p><i>Not as well</i></p> <p>★</p> <p>FOR EACH OF THESE METHODS, YOU OR YOUR PARTNER MUST USE IT EVERY SINGLE TIME YOU HAVE SEX.</p>	<p>WITHDRAWAL</p> 	<p>FERTILITY AWARENESS</p> 	<p>DIAPHRAGM \$90/DIAPHRAGM</p> 	<p>CONDOM \$.15-\$7.80/CONDOM</p> 	<p>WHAT IS YOUR CHANCE OF GETTING PREGNANT?</p>  <p>12-24 IN 100 WOMEN, DEPENDING ON METHOD</p>

Talk to your doctor about birth control options

Only complete and consistent abstinence from vaginal, anal and/or oral sex is 100% effective in preventing pregnancy and protecting against STDs. **There are many effective birth control options.**

IF YOU'RE HAVING SEX

USE BOTH (condoms and birth control) EVERY TIME to help prevent pregnancy, HIV & STDs.

YOUR OPTIONS	WHERE TO GET IT	SIDE EFFECTS & THINGS TO KNOW	EFFECTIVENESS
IUD * Mirena (Hormone) * Skyla (Hormone) * Liletta (Hormone) * Paragard (Copper)	A doctor's office or clinic	* Spotting between periods, increased period flow, cramps & backaches. * The IUD can prevent pregnancy for 3-5 years (hormonal) or 10-12 years (copper), and the implant for up to 3 years. * The implant is a tiny rod containing a hormone that a doctor or nurse practitioner puts under your skin. * Does not protect against HIV and STDs. * IUD/Implants are considered LARCs (Long Acting Reversible Contraception) and in rare circumstances LARCs can stop implantation of a fertilized egg.	99%+ EFFECTIVE
Implant * Implanon * Nexplanon			
Male Sterilization	A doctor's office	* You must use other birth control until the sperm are used up. It usually takes about three months. A simple test- semen analysis-shows when there are no more sperm in the semen. Does not protect against HIV & STDs.	
Female Sterilization	Outpatient clinic/hospital	* Tubes could reconnect, uterus could be damaged. Does not protect against HIV & STDs. * A one-time surgical procedure where the doctor closes or blocks the tubes that carry the egg(s) to the uterus.	
Shot		* Irregular bleeding 6-12 months, change in appetite, weight gain, acne, decrease in bone density. * Does not protect against HIV & STDs. * Each shot works for 3 months, must visit healthcare provider every 3 months for new shot.	91-94% EFFECTIVE
Ring	A doctor's office or clinic	* May experience bleeding in between periods, breast tenderness, nausea and vomiting. * The ring and the patch are used for 3 weeks and removed for 1 week.	
Patch		* The pill must be taken at the same time every day. * All three contain hormones.	
The Pill		* Does not protect against HIV & STDs.	
Risk of Blood Clot increases significantly while smoking.			
These contraceptive methods change the endometrium lining which reduce the likelihood of implantation if fertilization does occur.			
Spermicide	Buy at a drugstore	* Usually a gel, foam, cream or suppository you put into your vagina using your fingers or an applicator AT LEAST ten minute prior to sex. * Only effective for one hour. Does not protect against HIV & STDs.	71-88% EFFECTIVE
Fertility Awareness	Download a fertility awareness app on your electronic device or purchase a thermometer & calendar from the store	* Takes planning, record-keeping, and self-control * To prevent pregnancy, abstain from vaginal intercourse on your fertile days. Or use withdrawal, a condom, a sponge, a diaphragm, or a cap on those days. If your cycle (period) is not regular, this method is not a recommended form of birth control. * Does not protect against HIV & STDs	
Withdrawal		* Difficult to perform every single time. Does not protect against HIV & STDs.	
Diaphragm	A doctor's office or clinic or buy at drugstore	* May experience vaginal irritation, urinary tract infections, allergies to silicone. Does not protect against HIV & STDs. * You can insert several hours before sex, but it must be left in place for 6 hours after you have sex.	
Condom		* Some people may be sensitive to certain lubricants. * A thin sheath worn over the penis or inside of the vagina	