

5 THINGS EVERYONE SHOULD KNOW ABOUT BIRTH CONTROL

BOOK YOUR APPOINTMENT TODAY
at ppgreatertx.org/take-control

01

YOU HAVE OPTIONS

Hormonal. Non-hormonal. The pill. The implant. Condoms. The options may feel overwhelming, but you can trust our birth control experts to help you find the best fit for your needs. You can get started now by learning about **different methods and their benefits**. As your life journey progresses, there may be a need or desire to switch methods.

Reproductive life planning is a great way to map out your future birth control needs. **We can help.**

02

THERE'S A METHOD THAT FITS YOUR UNIQUE NEEDS

Birth control isn't one-size-fits-all. What works for your family or friends may not be the **best method for you**, and that's ok. Let's talk about *your* birth control priorities: effectiveness, ease of use, STI prevention, help with periods, or something else altogether. Rest assured our expert clinicians are here to help you find the best method for you and your life journey.

03

IT'S MORE THAN BIRTH CONTROL

Some **types of contraception** can treat health problems or provide other health benefits. From emergency contraception to controlling acne and making periods less painful to treating reproductive health concerns like polycystic ovarian syndrome (PCOS) or endometriosis, contraception can offer important health benefits for you. **Talk to our experts.**

04

YOU CAN GET IT DELIVERED TO YOUR DOOR

With the **Planned Parenthood Direct app**, getting birth control has never been easier. No appointment. No hassle. You can get emergency contraception, birth control pills, the patch, or the ring delivered directly to you or your preferred pharmacy. The app also provides UTI treatment and information about other birth control methods available at your local Planned Parenthood, including IUDs, the shot, the implant, and more.

05

YOU CAN TRUST PLANNED PARENTHOOD

Planned Parenthood's trusted birth control experts are here to listen to your concerns and answer any questions you have about contraception and reproductive healthcare—now and as you map out **your reproductive life plan**. Your local Planned Parenthood health center offers same-day, next-day, and virtual appointments, so you don't have to slow down to take care of your health. **Call or schedule an appointment online today.**

