

**“When you’re going through treatment, you’re working through a lot, you don’t always think about the possibility of getting pregnant...but maybe you should. Birth control is so easily accessible and can help you.” – Clara**

**You have taken a big step by getting treatment for addiction.**

**You’re taking control of your life.**

It’s important to keep that control so you can get healthy and make plans for your future. Sticking to your treatment plan and staying sober are the keys to reaching your goals in life.

During treatment and recovery, it’s important to think about birth control if you’re having sex. Birth control gives you time to take care of yourself. And it gives you the power to choose when you’ll have a baby. The best gift you can give your baby is a strong start in life. That begins with a healthy mother and a healthy pregnancy at the right time.

**For more information**

or to talk to someone about birth control:

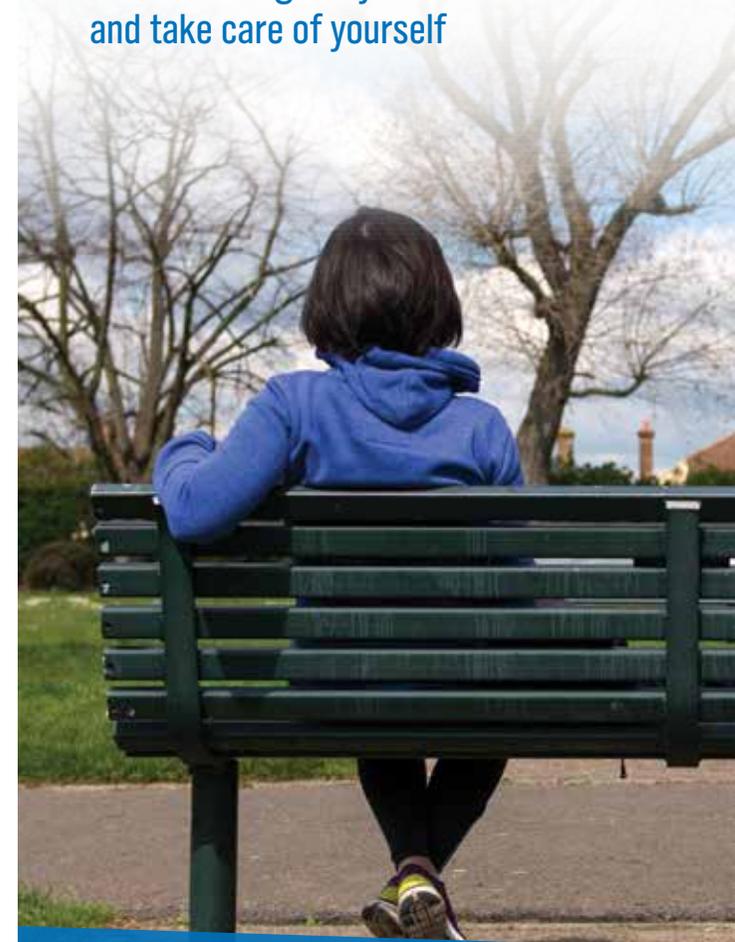
**Customer Service:** Please see the number on your member ID card.

**24/7 NurseLine:** 1-800-224-0336 (TTY 1-800-368-4424)



**Are you in treatment or recovery?**

**Birth control gives you the time to heal and take care of yourself**



- We can translate this at no cost. Call the customer service number on your member ID card. *English*
- Podemos traducir esto gratuitamente. Llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación (ID Card). *Spanish*
- يمكننا ترجمة هذا بدون أي تكلفة. اتصل برقم خدمة العملاء الموجود على بطاقة عضويتك ID. *Arabic*
- Մենք կարող ենք այս անվճար թարգմանել: Կարող եք հեռախոսել յաճախորդների սպասարկման բաժնին, որի թիվը կը գտնեք ձեր ինքնվճարան քարտի (ID) վրա: *Armenian*
- 我們可以免費為您提供翻譯版本。請撥打您ID卡上所列的電話號碼洽詢客戶服務中心。 *Chinese*
- خدمات مراجعین ما کہ پشت کارت شناسایی نان (ID) درج شدہ تلفن برتیبہ ما می توانیم این را به رایگان برایتان ترجمه کنیم. به شماره *Farsi*
- Peb txahis tau qhov no pub dawb. Hu mus rau qhov chaw pab neeg tus naj npawb xov tooj nyob rau ntawm koj daim ID ua mej zeej. *Hmong*
- យើងអាចយកប្រែក្នុងភាសាអង់គ្លេសឱ្យអ្នកបាន ។ សូមទូរស័ព្ទទៅផ្នែកសេវាអតិថិជន តាមលេខមាននៅលើប័ណ្ណ ID របស់អ្នក ។ *Khmer*
- 저희는 이것을 무료로 번역해 드릴 수 있습니다. 가입자 ID 카드에 있는 고객 서비스부 번호로 연락하십시오. *Korean*
- Мы можем перевести это бесплатно. Позвоните в отдел обслуживания участников плана по номеру, указанному в вашей карточке участника плана (ID Card). *Russian*
- Maaari namin itong isalin-wika nang walang bayad. Paki tawagan ang numero ng customer service sa inyong ID card na pang miyembro. *Tagalog*
- Chúng tôi có thể phiên dịch văn bản này miễn phí. Xin gọi văn phòng dịch vụ hội viên qua số điện thoại ghi trên thẻ ID (thẻ hội viên) của quý vị. *Vietnamese*

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## ***“I am so grateful***

*someone urged me to get birth control. I came into treatment and witnessed other women having to deal with unintended pregnancies and the worries that their baby would be okay. Then watching the babies struggle was awful.”*

*— Lindsey*

### **I am in recovery and feel good. Why not get pregnant?**

As a woman in recovery, you have what it takes to make the right choices and the determination to stick to them. You're more likely to have a healthy pregnancy, and a healthy baby, after you've completed treatment and have been in recovery for some time without relapsing. You don't want to risk a relapse while pregnant. That could cause your baby to have health problems. Take time to heal completely. Recovery is a journey.

### **What health problems do babies have when their moms used opioids while pregnant?**

- Feeding problems
- Tremors
- Irritability
- Vomiting and diarrhea
- Low birth weight
- Breathing problems
- Seizures



### **Why use birth control?**

Birth control works and is one of the best ways to prevent pregnancy. It'll help you stay on track with your recovery. A baby could make your recovery harder. It'll be more difficult to focus on yourself, your needs and your health. Recovery is your most important job right now.

### **Talk to your health care provider about the best birth control for you**

- The pill works well when taken every day. But many women forget to take it. It's important to learn about other kinds of birth control.
- The intrauterine device (IUD) is a tiny piece of plastic that goes in your uterus (womb).
- The birth control implant is a tiny rod that goes in your upper arm.

More than half of pregnancies aren't planned. But you have a choice. Both the IUD and implant work very well, last for several years and can be removed at any time.

You and your male partner always need to use condoms too. Even though condoms aren't as good at birth control as the options listed above, they do protect you from diseases and infections that can pass between couples during sex.

### **Many kinds of birth control are covered at no cost to you**

- To see which types of birth control are covered, call Customer Service at the number on your card from 7 a.m. to 7 p.m. Monday through Friday. Or visit [anthem.com/ca/medi-cal](http://anthem.com/ca/medi-cal).
- Then talk to your health care provider about which option is right for you and your partner.

### **I am pregnant or thinking about trying to get pregnant. What should I do?**

Talk to your health care provider about ways to have a healthy pregnancy and the best treatment plan for you. This includes making sure you're taking the correct amount of your maintenance drug (like methadone or buprenorphine, also known by brand names like Subutex or Suboxone). It's very important to stay in treatment. Getting and staying sober will help you stay in control of your life. Then you can take good care of yourself and your baby.

## ***“When I was using,***

*I still had the ability to know I did not want to get pregnant. I got the IUD and then, thankfully, got into treatment. I've been clean now for two years and have a beautiful, healthy one-year-old.” — Anna*