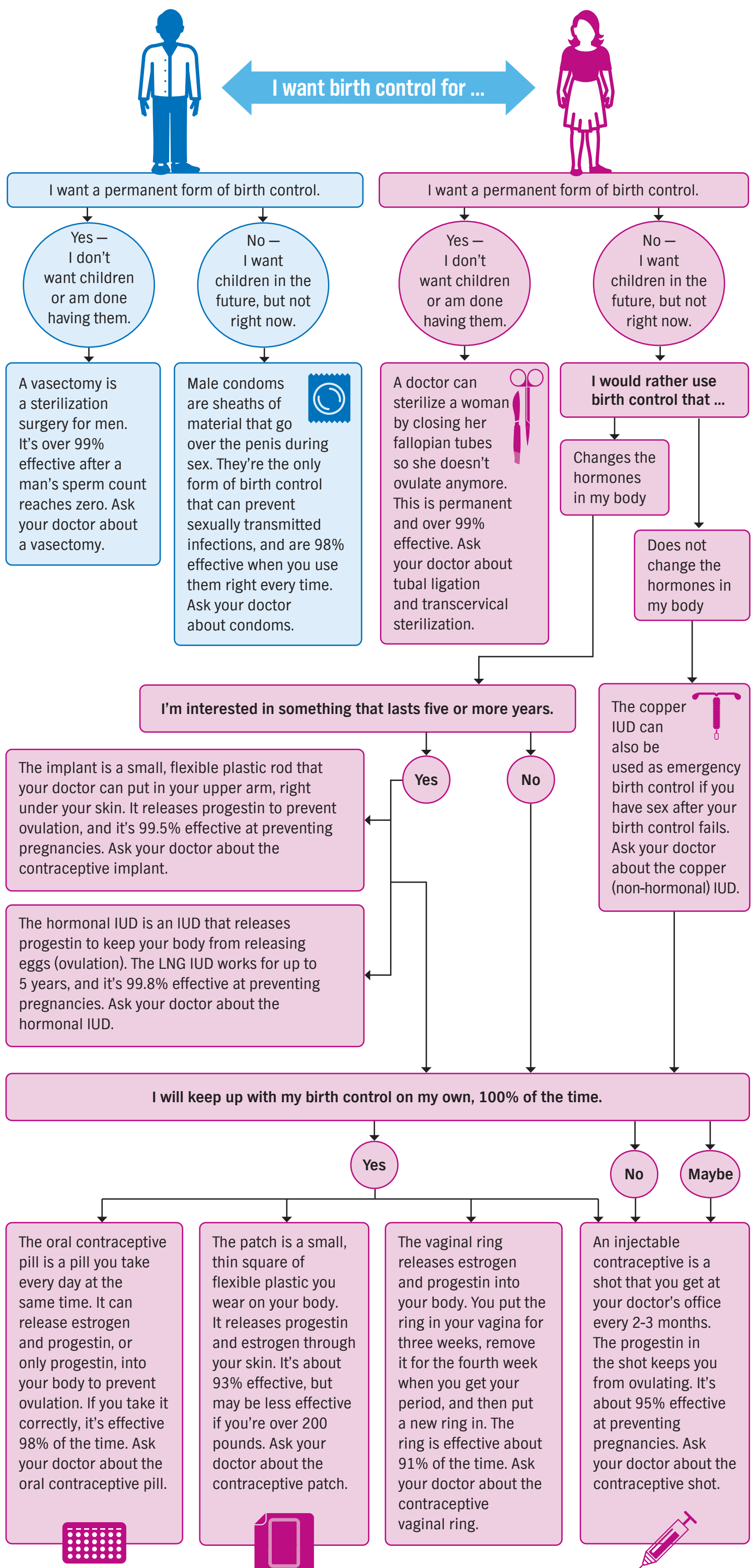


Which birth control is right for me?

There are many types of birth control, so it can be hard to choose which one is best for you. Before you visit your doctor about family planning, think about your plans for the future, what you want for your body, and what your habits are. This guide can help you go to your doctor with a contraception plan.

Here are some questions you may want to ask your doctor:

1. Will my height, weight, age, or health make any method of birth control less effective or more dangerous?
2. Is there any reason I should go on hormonal birth control? Do I need to avoid estrogen?
3. How quickly will I become fertile again after I stop my birth control?



For members who don't speak English, or are deaf or hard of hearing, we offer free oral interpretation services for all languages as well as auxiliary aids to assist you. To get these services, call

<844-396-2329 (TTY 711)> <Monday through Friday from 7 a.m. to 7 p.m. Pacific time>.

Para los miembros que no hablan inglés, tienen sordera o dificultad auditiva, ofrecemos servicios de interpretación oral gratuitos en todos los idiomas así como asistencia adicional para ayudarlo. Para recibir estos servicios, llame al <844-396-2329 (TTY 711)> <de lunes a viernes de 7 a.m. a 7 p.m. hora del Pacífico>.