COST OF BIRTH CONTROL
Planned Parenthood has several programs available to assist with the cost of your birth control. To learn more about the cost of birth control methods and if you qualify for health insurance or financial assistance, talk with the staff at your local Planned Parenthood health center. We are here to help you.

PREVENTING SEXUALLY TRANSMITTED DISEASES (STDs)
Condoms are the only birth control method that also helps prevent STDs. No matter what method you choose, make sure to use condoms too.

ABSTINENCE
Abstinence is the decision not to engage in any sexual activity, whether it’s oral, vaginal, anal or outer course. Abstinence must be practiced continuously to be 100% effective. When a person decides to engage in sexual activity, it is important to know all of the birth control options available to reduce the risk of STDs and unintended pregnancy.

Why choose Planned Parenthood?
For more than 80 years, Planned Parenthood has been here for you. Our health centers in South Texas provide:
- Accessible & affordable quality care
- A confidential & nonjudgmental environment
- Easy-to-use online appointment scheduling
- Personalized care tailored to your needs
- Discounts based on family size & income
- Same day appointments
- Walk-in visits
- Convenient locations with extended hours
- An on-site pharmacy to save you time & money
- A secure Patient Portal to check your lab results & pay your bill

Planned Parenthood provides a full range of services and patient education including:
- Birth control options
- Emergency contraception
- Well-woman exams
- Pelvic exams
- Clinical breast exams
- "Stop Cervical Cancer": HPV vaccines, Pap screening, & follow-up
- Menopause care
- Referral for mammograms
- Pregnancy testing
- Gestational dating sonogram
- Pregnancy options
- Referral for adoption
- Referral for prenatal care
- Abortion care (License #130241, #140015, #140016)
- Male exams
- STD testing & treatment
- HIV testing
- PrEP, Pre-Exposure Prophylaxis
- Gender-affirming hormone therapy
- Testing & treatment for UTIs
- Fertility evaluation & treatment

Call us today! 1-800-230-PLAN
Our services continue to grow!
Planned Parenthood accepts cash/checks, insurance, Medicaid, Visa, Mastercard and Discover at all locations.

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Every method has benefits and possible risks or side effects. Most side effects from hormonal birth control go away after your body gets used to it (1-3 months). The best method is the one that you like the most. Talk with a doctor or clinician about which methods might make sense for you.

<table>
<thead>
<tr>
<th>GROUP A</th>
<th>Implant</th>
<th>IUD (Hormonal)</th>
<th>IUD (Non-hormonal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Low-maintenance; Health center sets it and you forget it)</td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td>Sterilization (Vasectomy, Tubal Ligation)</td>
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</tr>
<tr>
<td>GROUP B</td>
<td>Shot (Depo)</td>
<td>Vaginal Ring</td>
<td>Patch</td>
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<tr>
<td>(Once every 3 months, monthly, weekly, daily)</td>
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<tr>
<td>GROUP C</td>
<td>Male Condom</td>
<td>Female Condom / Internal Condom</td>
<td>Diaphragm</td>
</tr>
<tr>
<td>(Must use every single time)</td>
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<td></td>
</tr>
</tbody>
</table>

| Approximate effectiveness: | 99% | 91% | 85% | 75% |

Remember, most of these methods do not protect against STDs. Use a condom to lower your chances of getting an STD.