



## 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.



To find the health center nearest to you visit:

[www.ppsouthtexas.org](http://www.ppsouthtexas.org)

## 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

Our services continue to grow. Call us today! **1-800-230-PLAN**

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Planned Parenthood accepts cash/checks, insurance, Medicaid, Visa, Mastercard and Discover at all locations.

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# Birth Control Options

Types of Birth Control

Understanding Effectiveness

Choosing a Birth Control Method

Abstinence



[www.ppsouthtexas.org](http://www.ppsouthtexas.org)

**FAMILY PLANNING** is deciding whether, when, and how many children to have. It is one of the most important decisions you will make in your life. Using birth control can reduce unplanned pregnancy when used correctly and can allow you to take charge of your future.

Condoms, a form of birth control, can also reduce the risk of sexually transmitted diseases and infections (STDs). See Planned Parenthood's "STDs: Infections Spread Through Sex" for more information.

### TOP THREE THINGS You Should Know About Your Birth Control Choices

- 1 There are many birth control methods, so you should be able to find the one that works best for you.
- 2 The IUD, the implant, and sterilization are the most effective at preventing pregnancy.
- 3 Whatever method you choose, you should also use condoms to prevent getting or passing an infection.



### CHOOSING A METHOD

There are lots of things to consider when choosing a birth control method, including:

- How effective it is
- How convenient it is
- How long it lasts
- How much it costs
- How you feel about using it
- How your partner/family feels about you using it
- How you feel about any risks or side effects

**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.**

<b>GROUP A</b> (Low-maintenance; Health center sets it and you forget it)	Implant	★ ★ ★ ★
	IUD (Hormonal) IUD (Non-hormonal)	★ ★ ★ ★ ★ ★ ★ ★
	Sterilization (Vasectomy, Tubal Ligation)	★ ★ ★ ★
<b>GROUP B</b> (Once every 3 months, monthly, weekly, daily)	Shot (Depo)	★ ★ ★
	Vaginal Ring	★ ★ ★
	Patch	★ ★ ★
	Pill	★ ★ ★
<b>GROUP C</b> (Must use every single time)	Male Condom	★ ★
	Female Condom / Internal Condom	★ ★
	Diaphragm	★ ★
	Sponge	★ ★
	Cervical Cap	★ ★
	Fertility Awareness	★
	Withdrawal Method	★
	Spermicides	★

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.