

Considering Your Birth Control Options?

5 TOP TIPS

1.

There are many birth control options. Research them all thoroughly.

2.

Ask female family members & friends to share their experiences.

3.

Discuss medical history & all birth control options with your doctor.

4.

Make an informed choice focused on both effectiveness & safety.

5.

Once started, tell your doctor if you have side effects, concerns.



[Click here to view and download a self-screener questionnaire to complete and share with your doctor.](#)