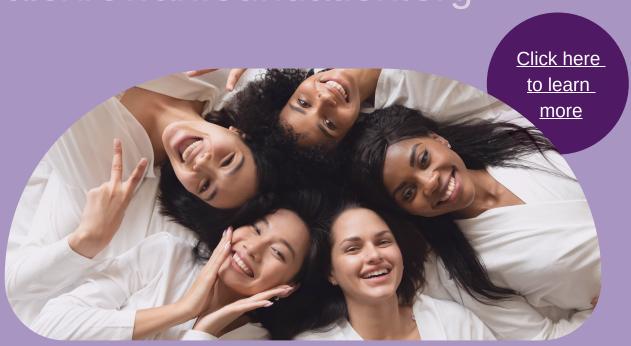
## informed.

The best method of birth control is one that is safe, comfortable, and can be used consistently and comfortably.

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A woman's preferred method of birth control may change over her lifetime and is influenced by many different factors, including:

Age Health history

Family planning Relataionship goals, how many factors, such as children and when marital status

46.9 million women in the U.S. aged 15 to 49 use some form of birth control \*

some form of birth control.\*

Female sterilization Birth control pills

**10%**Long-acting reversible male condom contraception

Talk to your healthcare provider about all of your birth control options. Carefully weigh all benefits and risks for each option before making a decision.

