## Not ready to get pregnant?



## Think about an **IUD** or **Implant**



INTRAUTERINE DEVICE (IUD)



IMPLANT

The IUD and implant can help you wait until you are ready to start a family.

IUDs and implants last a long time, are easy to use, and are the most effective pregnancy-prevention methods. IUDs and implants are safe for women of all ages, even for young women who have not had a child or are not married.

Talk with a healthcare provider today about finding the right contraceptive method that fits your life.



