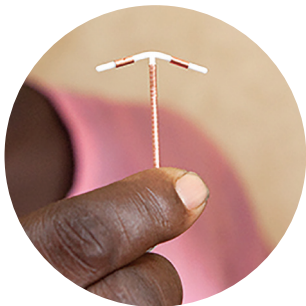


Make good decisions  
**together.**



## Think about an IUD or Implant



INTRAUTERINE DEVICE  
(IUD)



IMPLANT

As you plan your future together, talk with a healthcare provider about the birth spacing method that is right for you.

IUDs and implants are the most effective methods, and are safe for women of all ages, even if they have not yet had a child.

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