



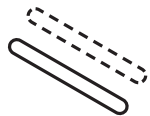
Which family planning method is best for you?



SUPER EFFECTIVE

99%*

*At Typical Use



THE IMPLANT
3–5 Years



IUS
3–5 Years



IUD
5–10 Years

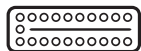


STERILIZATION
Forever

HIGHLY EFFECTIVE

91–94%*

*At Typical Use



THE PILL
Every Day



THE PATCH
Every Week



VAGINAL RING
Every Month



INJECTION
1–3 Months

LESS EFFECTIVE

72–82%*

*At Typical Use



WITHDRAWAL
Every Time



**CERVICAL CAP,
DIAPHRAGM & SPONGE**
Every Time



**FERTILITY
AWARENESS**
Every Day



SPERMICIDES
Every Time



**FEMALE & MALE
CONDOM**
Single Use

Talk to a healthcare provider you trust to find out which family planning method is best for you.

CALL: +00 123 456 789 - 00 • MAIL@HEALTHYWORKER.COM



BSR | her+project

YOURLOGO