



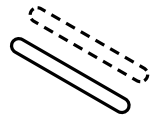
Which **family planning method** is best for you?



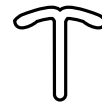
SUPER EFFECTIVE

99%*

*At Typical Use



THE IMPLANT
3–5 Years



IUS
3–5 Years



IUD
5–10 Years

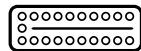


STERILIZATION
Forever

HIGHLY EFFECTIVE

91–94%*

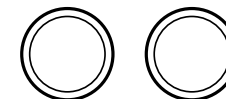
*At Typical Use



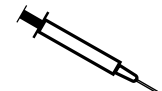
THE PILL
Every Day



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



**STANDARD DAYS
METHOD**
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.**



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