



## Choose the right type of birth control for you.

At Alameda Alliance for Health (Alliance), we are here to help you take charge of your health. Birth control, also called contraception, helps prevent pregnancy so you can plan when or whether to have children.

### TYPES OF BIRTH CONTROL

There are many options to choose from based on what you need from your birth control. Your doctor or nurse can help you decide which type is right for you and tell you how you can get it.

These types of birth control methods have been approved by the U.S. Food & Drug Administration (FDA). Visit [fda.gov/birthcontrol](https://www.fda.gov/birthcontrol) to learn more.



**Barrier methods:** These prevent sperm from getting to the egg during sex. They include male and female condoms, diaphragm, cervical cap, and sponge. They must be used every time you have sex.



**Hormonal methods:** These methods prevent an egg from being released each month from a woman's ovaries. They include implant, shot, patch, vaginal ring, and birth control pills.



#### **IUDs (intrauterine devices):**

An IUD is a small piece of plastic with copper or hormones that provides long-term birth control. A doctor or nurse inserts it in a woman's uterus and can take it out later if you want to get pregnant.



#### **Sterilization surgery:**

This is a one-time surgery for people who are sure they do not want children in the future. Men or women can get this surgery.

## EMERGENCY CONTRACEPTION

If you did not use birth control or your birth control method fails (such as a condom breaks), you can use emergency contraception. Talk to your doctor about which one to use. These should not be used as your regular form of birth control. The options for emergency contraception are the copper IUD and emergency contraception pills (ECPs).

## REMINDERS

- Each birth control method has pros and cons. Talk to your doctor or nurse about which ones would work well for you. You can compare birth control methods online at [www.bedsider.org](http://www.bedsider.org).
- Discuss birth control methods with your partner to make sure both of you are comfortable with the method you choose and know how to use it.
- To prevent both sexually transmitted infections (STIs) and pregnancy, use a condom each time you have sex with another form of birth control at the same time.



## QUESTIONS?

- If you need help finding a doctor or clinic for birth control services, please call the Alliance Member Services Department at **1.510.747.4567** or visit [www.alamedaalliance.org/help/find-a-doctor](http://www.alamedaalliance.org/help/find-a-doctor). Members ages 12 and up may go to any doctor or clinic for birth control services.
- If you would like advice, you can call the Advice Nurse Line at any time:  
Medi-Cal members: **1.888.433.1876**  
Group Care members: **1.855.383.7873**

If you need help finding a doctor, please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

CRS/TTY: **711/1.800.735.2929**

[www.alamedaalliance.org](http://www.alamedaalliance.org)

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