

# Birth control that is long acting but reversible is an option that works

An intrauterine device (IUD) or implant is birth control you don't have to think about and take every day. And it **works better** than anything else. It can come out when you don't need birth control any longer, but it keeps you from getting pregnant over 99 percent of the time.



## The ONLY thing that works 100 percent of the time is NO sex.

Twenty percent of teenagers will get pregnant after one year of relying on the pill for birth control. Women who have IUDs or implants get pregnant **less than one percent** of the time.

There are two kinds of IUDs: a hormonal IUD (Mirena, Skyla) and a copper IUD (ParaGard). And one implant: Nexplanon. These are the most effective methods of birth control that allow a woman to become pregnant soon after the IUD is removed. **The cost of these methods is covered by your health plan.**

IUDs are easily placed inside the uterus by a clinician. IUDs work for a long time and can be taken out any time you're ready to have a baby. The Mirena IUD, a hormonal IUD, can be used for **5** years. It also reduces menstrual bleeding, pain and cramping. The Skyla IUD, another hormonal IUD, is similar to Mirena. However, it's smaller, which makes it easier and less painful to insert, and can be used for **3** years. The ParaGard, or copper IUD, stays in for **10** years. It does not have hormones, but uses something called copper ions to stop pregnancy.

The implant (Nexplanon) is placed under the skin of your upper arm by the provider and provides excellent protection against pregnancy for **3** years.

If you just had a baby, an IUD or implant may be inserted after delivery before you're discharged. Be sure to discuss this with your provider before you deliver.

All birth control has risks. **Talk with your provider about what method is best for you and the risks that could affect you.** Women and men who are at risk of infection should always use a condom. Other methods do not prevent sexually transmitted diseases (STDs).

We can translate this for you at no cost. Call the Customer Care Center at 1-800-782-0095. If you have speech or hearing loss, call the TTY line at 1-866-368-1634.

Podemos traducirle este texto sin costo. Llame al Centro de Atención al Cliente al 1-800-782-0095. Si tiene impedimentos auditivos o del habla, puede llamarnos a través de una máquina de TTY/TDD al 1-866-368-1634.

#### References:

"Get It and Forget It," a document produced by Camaryn Chrisman Robbins, MD, MPH; Jeffrey F. Peipert, MD, MPH; and Robert A. Hatcher, MD, MPH of Washington University Medical School and the CHOICE Project.

ACOG Long Acting Reversible Contraception Program, [acog.org/About-ACOG/ACOG-Departments/Long-Acting-Reversible-Contraception](http://acog.org/About-ACOG/ACOG-Departments/Long-Acting-Reversible-Contraception).

Skyla vs. Mirena A Quick IUD Comparison, Dawn Stacey M.ED, LMHC Contraception Expert, [contraception.about.com/od/iud/fl/Skyla-vs-Mirena.htm](http://contraception.about.com/od/iud/fl/Skyla-vs-Mirena.htm).

[www.unicare.com/medicaid](http://www.unicare.com/medicaid)



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