



**A STEP AHEAD**  
— TRI-CITIES —

## Free Long Term Birth Control!



### **NEXPLANON - THE ARM IMPLANT**

Nexplanon is a small, flexible, matchstick-shaped device that sits under the skin of your upper arm where it's practically invisible. It's over 99% effective at preventing unintended pregnancy, and lasts up to three years.



IUD

### **INTRAUTERINE DEVICE (IUD)**

This device is over 99% effective. There are two options, one with hormones and one without. It's a t-shaped device made of bio-plastic that sits inside your uterus, and works by preventing the sperm from reaching the egg. It lasts for 3, 5, or 10 years, depending on which one you choose!



### **DEPO- PROVERA**

This injectable contraceptive method is a private form of birth control. Injected every three months by your provider, it works by stopping ovulation and thickening cervical mucus, which prevents the sperm from reaching the egg. If received on time, every time, it is ~98% effective at preventing unintended pregnancy.

**100% FREE!**

**Call or text today! 423-415-0277**