

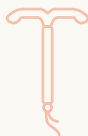
# WHAT IS YOUR CHANCE OF GETTING PREGNANT?

**LESS THAN ONE IN 100**



**The Implant**  
Place every 3 years

**99%** OR MORE EFFECTIVE



**Hormonal IUDs**  
Place every 3-6 years depending on brand

**99%** OR MORE EFFECTIVE



**Non-Hormonal IUD**  
Paragard or copper IUD placed every 10 years.

**99%** OR MORE EFFECTIVE



**Tubal Ligation, Vasectomy**  
Get once, lasts for life

**99%** OR MORE EFFECTIVE

**5-9 IN 100**

depending on the method



**The Shot**  
Get every 3 months

**96%** EFFECTIVE



**The Pill**  
Use everyday at the same time

**93%** EFFECTIVE



**Progestin-Only Pill**  
Use everyday at the same time

**93%** EFFECTIVE



**The Ring**  
Change every month

**93%** EFFECTIVE



**The Patch**  
Change every week

**93%** EFFECTIVE

**12-24 IN 100**

depending on the method



**Fertility Awareness**  
Monitor everyday

**85%** EFFECTIVE



**Pull-Out Method**  
Use every time you have sex

**80%** EFFECTIVE



**Spermicide**  
Use every time you have sex

**79%** EFFECTIVE



**Condoms (External, Internal)**  
Use every time you have sex

**87%, 79%** EFFECTIVE

Needed for STI protection and can be used with any other method

VERY EFFECTIVE

LESS EFFECTIVE