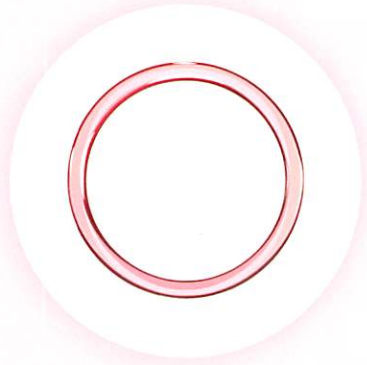


THE RING¹



A flexible, 54 mm plastic ring that is inserted into the vagina where it slowly releases estrogen and progestin for three weeks. Prevents pregnancy by stopping the ovaries from releasing an egg.

BENEFITS¹

- 99.23% effective with perfect use
- [0.4-0.77 pregnancies per 100 women per year]
- 98.82% effective with typical use
- [0.65-1.18 pregnancies per 100 women per year]
- Reversible
- Monthly contraception
- Non-contraceptive benefits are assumed to be similar to those seen in the combined pill; however, these potential benefits have not been assessed in studies to date

RISKS¹

- Risks are assumed to be similar to combined pill
- Side effects can include irregular bleeding, spotting, nausea, bloating, breast tenderness, headaches, and weight gain
- Not suitable for smokers over age 35 or women over age 35 with migraines
- May increase risk of blood clots
- May cause vaginal discomfort or irritation
- May fall out

COPPER IUD¹



A small, T-shaped device with a copper wire that is inserted into the uterus which changes the chemistry in the uterus and destroys sperm.

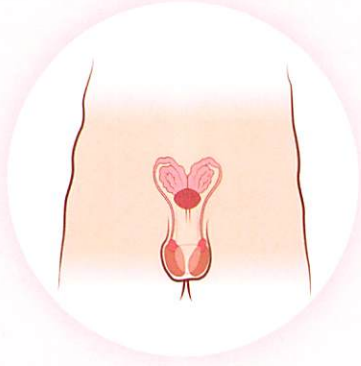
BENEFITS¹

- 98.74% effective
- [1.26 pregnancies per 100 women per year]
- Reversible
- Can be replaced as per product labeling (e.g., 30 months or 5 years, depending on brand)

RISKS¹

- Side effects can include irregular or increased bleeding in the first month
- May cause menstrual pain
- May fall out
- Uterine perforation during insertion may occur in up to 0.16% of cases
- Ectopic pregnancy may occur in 0.02% to 0.25% of cases

VASECTOMY¹



A permanent option for men that surgically blocks the sperm duct and prevents sperm from entering the ejaculate.

BENEFITS²

- 97.8% effective
- (0-2.2 pregnancies per 100 women per year)
- For men seeking permanent contraception

RISKS²

- Side effects include local pain and scrotal bruising and swelling

FEMALE STERILIZATION^{2,3} (TUBAL LIGATION)



A permanent option that surgically disconnects the fallopian tubes, so that the egg never meets the sperm.

BENEFITS^{2,3}

- Over 99% effective
- (less than 1 pregnancy per 100 women per year)³
- For women seeking permanent contraception

RISKS^{2,3}

- Short term complications after surgery may include abdominal and shoulder tip pain and bruising, anesthesia-related risks, bleeding, and infection, or damage to bowel, bladder, and blood vessels