

# PREGNANCY PREVENTION

## AT UNIVERSITY HEALTH SERVICES

UHS offers many birth control options\* to meet your individual needs. Listed below are options available from MOST to LEAST effective

### 1. Intrauterine Devices (IUDs)

Over 99% effective. Placed into your uterus during office visit. 3 IUD types. Hormonal ones can reduce periods.



### 2. The Implant (Nexplanon)

Over 99% effective. A small rod coated in hormones your provider inserts under your skin.



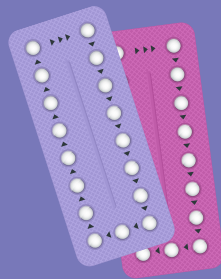
### 3. The Shot

Over 99% effective. An injection with hormones that you get every 3 months.



### 4. Oral Birth Control Pills

~93% effective. A hormone pill you take once a day. Can help make periods lighter and decrease acne.



### 5. The Patch

~93% effective. Sticks on your skin, releases hormones and can help make periods lighter.



### 6. The Ring

~93% effective. A flexible ring you place inside the vagina.



### 7. Condoms

85-93% effective. A physical barrier worn on the penis during sex. Also protects against many STIs.



Interested in birth control? Please call UHS at (412) 268-2157, option 2, or schedule Virtual Visit thru

HealthConnect by scanning the code or clicking [tinyurl.com/HealthConnectCMU](https://tinyurl.com/HealthConnectCMU).



\*All birth control options are 100% covered by the Student Health Insurance Plan (SHIP). Students with outside insurance can check their coverage.

Carnegie Mellon University  
University Health Services