

# A "HOW TO" GUIDE

## for making an appointment through Take Control

So you're interested in getting an **IUD** or an **Implant** through Take Control but you're not sure how to make an appointment?

No worries, we're here to help!

### CHOOSE A CLINIC

We have 16+ partner clinics that provide free clinical services for the IUD and the Implant birth control.

Visit our [Locations](#) page to find a clinic near you!



### CALL THE CLINIC

Call and ask for a "Family Planning appointment". Let them know you are "interested in receiving an IUD or Implant through Take Control."

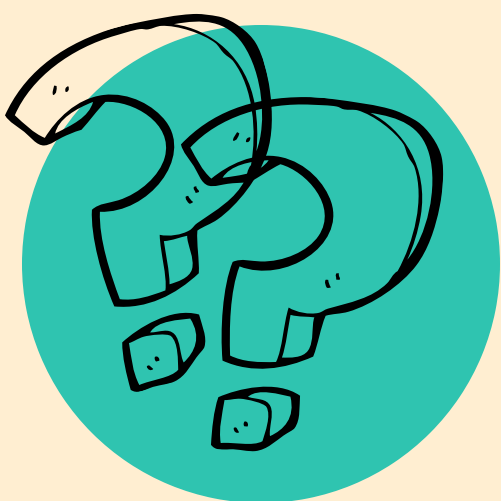
Don't forget to write down the date and time of your appointment!



### WHAT TO EXPECT

Don't forget to bring a **Photo ID** (**School ID works!**) to your appointment.

Let the front desk and nurse know (again) you are interested in receiving an IUD or Implant through Take Control.



### QUESTIONS

Do you have questions about the IUD or Implant? Ask your nurse or provider!

They are there to help you and address any concerns you may have.