

## Participating Clinics

**James O. Goodwin Health Center**  
5051 S. 129th E. Ave. Tulsa, OK 74134  
918.582.9355

**Central Regional Health Center**  
315 S. Utica Tulsa, OK 74014  
918.582.9355

**North Regional Health Center  
and Wellness Center**  
5635 N. Martin Luther King Jr. Blvd. Tulsa, OK 74126  
918.582.9355

**Sand Springs Health Center**  
306 E. Broadway Sand Springs, OK 74063  
918.591.6100

**Collinsville Health Center**  
1201 W. Center Collinsville, OK 74021  
918.596.8650

**Morton Comprehensive Health Services**  
1334 N. Lansing Ave. Tulsa, OK 74106  
918.587.2171

**East Tulsa Family Health Clinic**  
11511 E. 21st St. Tulsa, OK 74129  
918.295.6185

**Planned Parenthood**  
1007 S. Peoria Ave. Tulsa, OK 74120  
918.582.4710

**Community Health Connection**  
2321 E. 3rd St. Tulsa, OK 74104  
918.622.0641

**Community Health Connection**  
9912 E. 21st St. Tulsa, OK 74129  
918.622.0641

**OSU Physicians | Obstetrics  
and Gynecology**  
717 S. Houston Ave. Suite 200 Tulsa, OK 74127  
918.586.4500

**OSU Women's Health Center**  
2345 Southwest Blvd Tulsa, OK 74107  
918.561.8543

**OU Physicians | Women's Health Care**  
4444 E. 41st St. Third Floor, Suite B Tulsa, OK 74135  
918.660.4203

**OU Physicians | Family Medicine**  
1111 S. Saint Louis Ave. Tulsa, OK 74120  
918.619.4622

**Indian Health Care Resource Center**  
550 S. Peoria Ave. Tulsa, OK 74120  
918.588.1900

To schedule an appointment

- Call a participating clinic
- Call Planline 918.838.0697
- Visit our website

[www.takecontrolok.org](http://www.takecontrolok.org)

# TAKE CONTROL

INITIATIVE



Empowering women with the choice  
of when to have children through  
the use of highly effective, low  
maintenance contraception.



### What is the Take Control Initiative?

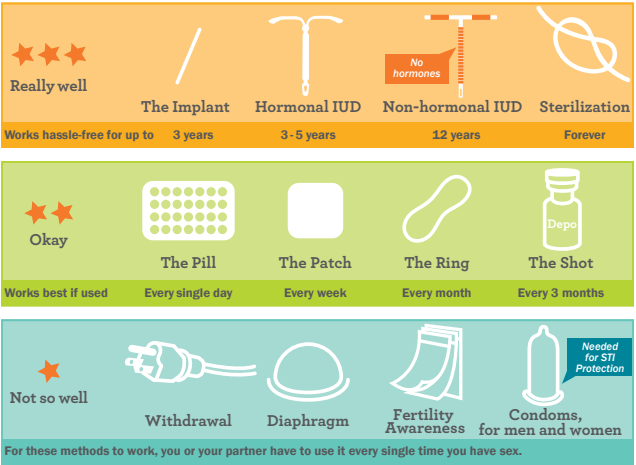
The initiative provides Tulsans with education, outreach, and services for the Implant and the IUDs.

The use of highly effective contraception enables women and families to have more control over their lives, pursue their educational goals, and improve their socio-economic status.

### Benefits of IUDs and the Implant:

They prevent pregnancy for years, but can be removed anytime to return to your fertility. They work by releasing a low dose of estrogen-free hormones or no hormones at all. That means no daily or weekly reminders to use birth control.

### How well does birth control work?



## We offer free IUDs and the Implant for qualifying women

**IUDs**

**Implant**

- 99% effective
- Low maintenance
- Last anywhere from 3 to 10 years
- Can be removed at anytime by a healthcare provider



### Am I eligible for services?

Yes, if you are:

A female of reproductive age

At risk of becoming pregnant

Living in Tulsa County

Income at or below 250% of the Federal Poverty Level



### What services are offered through the Take Control Initiative?

- The choice between Mirena, Kyleena, Skyla, Liletta, ParaGard, or Nexplanon
- Placement and removal of the device
- Pregnancy and STD testing

These services are provided for free at participating clinics.

### None of these methods protect against HIV & STIs.

### Questions about TCI?

- ✉ info@takecontrolok.org
- Facebook Take Control Initiative
- Instagram IUDecide