

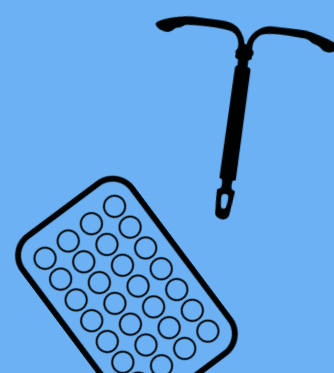
# A How-To Guide for All Things Birth Control

Use this step by step guide to learn about different birth control options, find a clinic, and make an appointment!

## CONSIDER A METHOD

If you are considering a birth control method, or already know you want a method, it's always important to learn about all the options.

Check out [Bedsider](#) to learn all there is to know about every birth control method available.



## UNSURE OR WANT TO LEARN MORE?

It's totally okay to not know what method you want. You can call any of the health centers from our [locations page](#) and ask for a family planning appointment, and a health care provider will walk you through all the options and help you come to a decision.

### Need condoms?

Go to any Tulsa Health Department site and ask for the "brown bag special" for free condoms.

## ARE YOU A TEEN?

Check out our [Sexual Health Rights for Teens](#) to learn about your rights, helpful resources, and where you can go for confidential, teen-friendly services.



## IF YOU HAVE INSURANCE:



If you have insurance and feel comfortable using it, you can make an appointment at any of the health centers from our [locations page](#) to receive any birth control method. Go to "make an appointment" for next steps.

## IF YOU DON'T HAVE INSURANCE/ NEED CONFIDENTIALITY

### If you know you want an IUD or arm implant:

- Confirm that you meet our [qualifications](#) for a free IUD or arm implant
- Find and choose from any of the health centers from our [locations page](#).

### If you are unsure, or want another kind of birth control method:

- Choose from the following Title X health centers that can provide birth control on a low or no cost sliding scale fee - meaning they will adjust the cost according to your income and family size.
  - [Community Health Connection - 2 locations](#)
  - [Tulsa Health Department - 5 locations](#)

## MAKE AN APPOINTMENT

1. Call a health center and ask for a "family planning appointment." If you know what method you are interested in, let them know on the phone. It's okay if you don't, though!

2. Let them know if you have or don't have insurance, or want to use a Take Control Initiative for a free IUD or arm implant.



## NEED A RIDE?

If you need a ride, text or call (539) 302-3615 to set up a free Lyft ride to your appointment. An agent will collect your name, phone number, and pick up and drop off location.

## HAVE QUESTIONS?

Call or text us (539) 302-3615, and someone will get back to you with help and answers!

