

PARTNER HEALTH CENTERS

COMMUNITY HEALTH CONNECTION*

- 2321 E. 3rd St. Tulsa, OK 74104
- 12020 E. 31st St. Tulsa, OK 74146
- 918.622.0641

TULSA HEALTH DEPARTMENT*

- 5051 S. 129th E. Ave. Tulsa, OK 74134
- 315 S. Utica Tulsa, OK 74014
- 918.582.9355

MORTON COMPREHENSIVE HEALTH SERVICES

- 1334 N. Lansing Ave. Tulsa, OK 74106
- 918.587.2171
- 1151 E. 21st St. Tulsa, OK 74129
- 918.295.6185

PLANNED PARENTHOOD

- 1007 S. Peoria Ave. Tulsa, OK 74120
- 918.587.1101

OSU FAMILY MEDICINE | WOMEN'S HEALTH CENTER

- 2345 Southwest Blvd Tulsa, OK 74107
- 918.561.8543

OSU PHYSICIANS | EASTGATE

- 14002 East 21 Street, Ste #1130 Tulsa, OK 74134
- (918)439-1500

OSU PHYSICIANS | OB/GYN

- 717 S. Houston Ave. Ste 200 Tulsa, OK 74127
- 8803 S 101st E. Ave Tulsa, OK 74133
- 918.586.4500

OU HEALTH PHYSICIANS

- WOMEN'S HEALTH CARE SPECIALISTS CLINIC
- 4444 E. 41st St. 3rd Floor, Ste B Tulsa, OK 74107
- FAMILY MEDICINE HEALTH CENTER
- 1111 S. Saint Louis Ave. Tulsa, OK 74120
- WAYMAN TISDAL SPECIALTY HEALTH CLINIC
- 591 East 36 Street North, Tulsa, OK 74106
- 918.619.4400

INDIAN HEALTH CARE RESOURCE CENTER

- 550 S. Peoria Ave. Tulsa, OK 74120
- 918.588.1900

* TITLE X CLINICS (CONFIDENTIAL SERVICES)

CONTACT US

takecontrolok.org
info@takecontrolok.org
539.302.3615

 @TakeControlInitiative

 @iudecide

 @iudecide

WE ARE A RESOURCE FOR ALL-THINGS
BIRTH CONTROL. WE CAN HELP YOU
GET BIRTH CONTROL WHETHER OR
NOT YOU HAVE INSURANCE.

If you have any questions about our
services, call or text us.

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WE WORK TO REMOVE
BARRIERS AND INCREASE
ACCESS TO BIRTH CONTROL
IN TULSA COUNTY.

ABOUT US

Take Control Initiative (TCI) is the longest running contraceptive access program in the nation; we've been providing access to birth control for ten years in Tulsa County.













AVAILABLE METHODS: Hormonal IUD* (Liletta®, Mirena®, Kyleena®, Skyla®), **Non-Hormonal IUD*** (Paragard®), **Implant*** (Nexplanon®), **Pill**, **Ring**, **Patch**, **Shot**, **Diaphragm**, **Condoms** & **Emergency Contraception**.

*We cover the cost of placement & removal.

HOW TO MAKE A BIRTH CONTROL APPOINTMENT

- Call any TCI partner health center & ask for a birth control appointment.
- If you know what method you are interested in, let them know.
- If you aren't sure, a healthcare provider can discuss your options.
- Whether or not you have insurance, tell them that you are interested in seeing if you qualify for Take Control or TCI services.

 Hormonal IUD	 Patch
 Non-hormonal IUD	 Pill
 Implant	 Diaphragm
 Shot	 Condoms
 Ring	 Emergency Contraception

To learn more about each method, visit takecontrolok.org and/or talk to a healthcare provider.

WANT FREE CONDOMS AND/OR EMERGENCY CONTRACEPTION?

If you live in Tulsa (no age requirement), **PICK UP** a free kit at one of our pickup sites OR you can **ORDER ONLINE** and a kit will be mailed discreetly to you within 3-5 business days.

WANT TRANSPORTATION?

We work with Lyft (ride-share) to provide **3 free round trips a year** to a partner health center for appointments. Call or text **539.302.3615** to schedule your ride.

WANT EDUCATION SESSIONS?

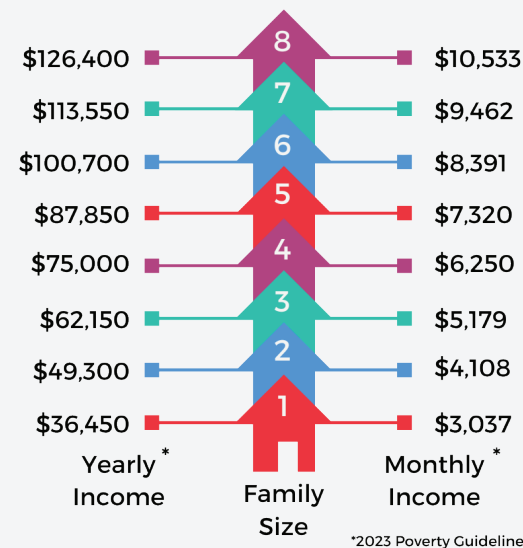
We offer free education sessions covering birth control, patient self-advocacy, and accessing healthcare. Contact us for more information: info@takecontrolok.org



TCI GUIDELINES

If you don't have a way to pay, we can cover the costs if you meet these guidelines.

- Individuals of reproductive age
- Wanting access to birth control
- Living in Tulsa County
- Income at or below 250% of the Federal Poverty Level



HAVE QUESTIONS?

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