

# My Birth Control: A Tool to Consider Your Postpartum Options

After childbirth, most people want to wait a while before another pregnancy. Some people may want permanent birth control. Making a birth control plan while you are pregnant gives you plenty of time to consider your options, ask questions, and make an informed decision.

The *My Birth Control* website was designed to help women think about what birth control option, if any, fits best with her preferences, lifestyle, and reproductive life goals.

If you have a smart phone or tablet, scan the QR code or visit the URL below to visit the anonymous *My Birth Control* website and start exploring your options. The website provides a summary of your preferred methods and questions, so you can continue the conversation with your provider at your next visit!

- Scan the QR code:



- Or visit: <https://postpartum.My Birth Control.org>



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