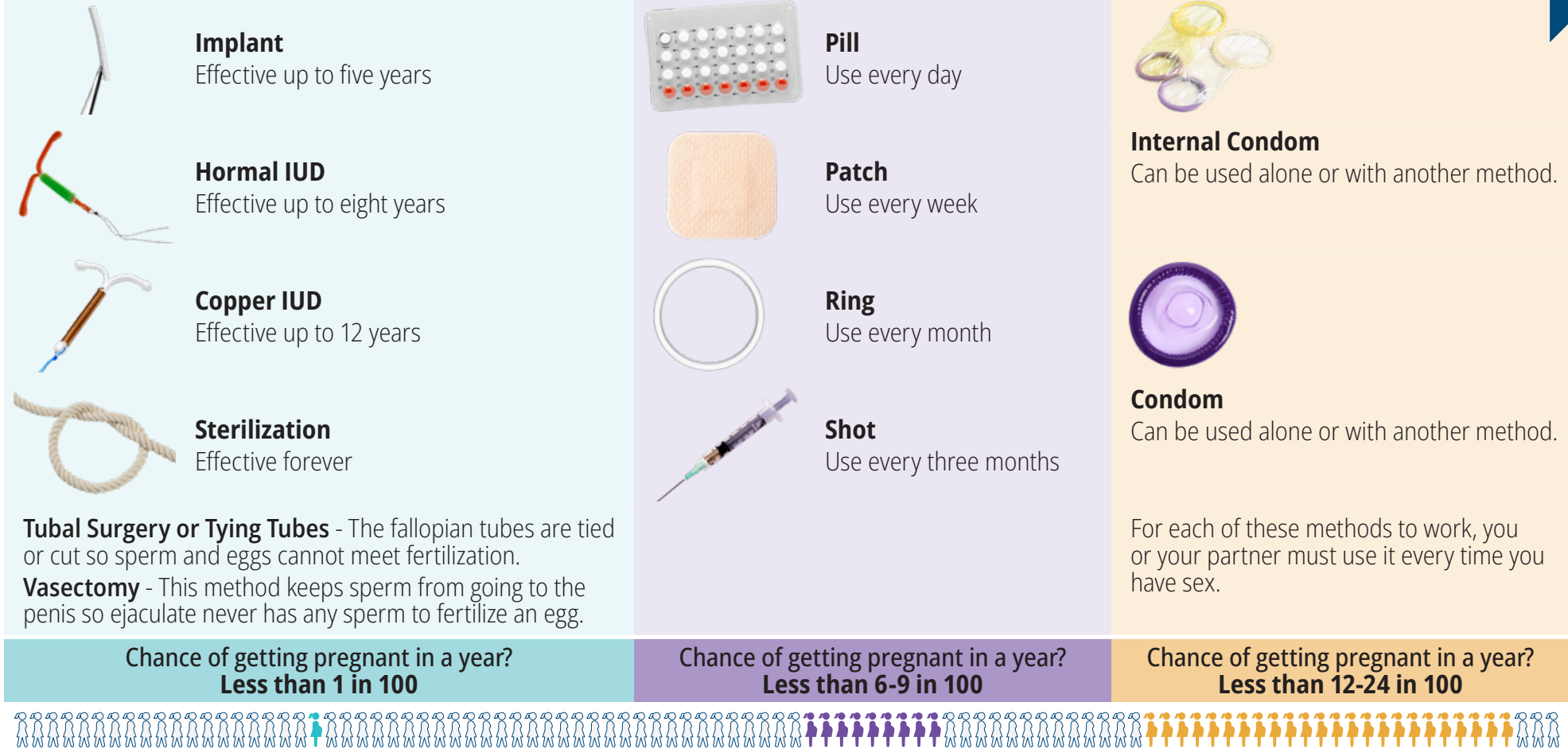




How well does birth control work?

There are many types of birth control and there is no one method that works for everyone. Each birth control has different levels of effectiveness. Talk with your health care provider to find the best one for you.

Most effective to least effective



Chance of getting pregnant in a year?
Less than 1 in 100

Chance of getting pregnant in a year?
Less than 6-9 in 100

Chance of getting pregnant in a year?
Less than 12-24 in 100



Turn over

Emergency Contraception



Emergency contraception is not a regular birth control method. It can be used if no birth control was used during sex or if the birth control method failed, such as a broken condom. It should be used as soon as possible and works best within three days, but might work up to five days.

In addition to purchasing Plan B (levonorgestrel) over the counter, Blue Cross and Blue Shield of New Mexico covers all forms of emergency contraception with a valid prescription from your health care provider. Pharmacies may also be able to bill insurance for OTC levonorgestrel without requiring a prescription; please talk to your local community pharmacist for more details.

Contraception Resources:

- The NMHealth Helpline **833-SWNURSE (1-833-796-8773)** - Staffed by nurses who can answer questions, provide information and connect you to health care services such as no cost birth control and other family planning services. Your safety and health are important and the NMHealth Helpline does not share your information with anyone.
- American Academy of Pediatrics - Dating and Sex - **HealthyChildren.org** (<https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/default.aspx>)
- ACOG Healthy Teens information - Healthy Teens (<https://www.acog.org/womens-health/healthy-teens>)
- Bedsider Birth Control Support Network – A birth control support network that provides educational materials. **Bedsider.org**

If you have questions, call us at **1-866-689-1523**. Read the Family Planning Services section in the member handbook to learn more.



Sources: Centers for Disease Control and Prevention; The University of California San Francisco School of Medicine; Bedsider.org; ACOG-The American College of Obstetricians and Gynecologists.

Such services are funded in part with the State of New Mexico.

To ask for auxiliary aids and services or materials in other formats and languages at no cost, please call 1-866-689-1523 (TTY/TDD: 711).

Blue Cross and Blue Shield of New Mexico complies with applicable federal civil rights laws and does not discriminate on the basis of health status or need for services or race, color, national origin, age, disability, sex, ancestry, spousal affiliation, sexual orientation and/or gender identity. See our full non-discrimination notice and contacts.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

Díí baa akó nínizin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojí' hódííłnih 1-855-710-6984 (TTY: 711).