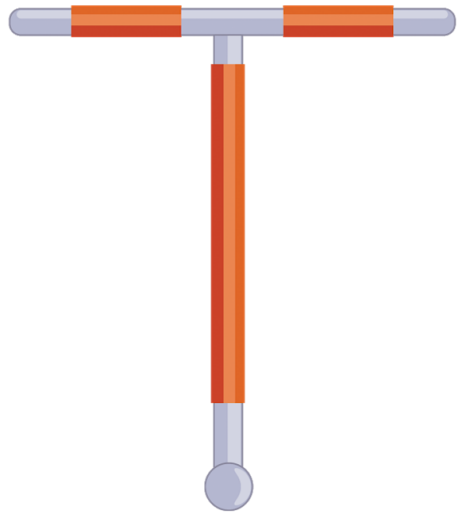


Birth Control Methods - Intrauterine Device (IUD)



Effectiveness	Options	Frequency	Interruptions
99%	There is 1 copper-T IUD currently available	Once inserted in the uterus, it can be left in place for up to 10 years	None
Chance of Pregnancy After Stopping Use	Health Care Advisory	Prescription Required?	HIV/STD Protection
Once removed, fertility can return within about 1 month	Your health care professional inserts and removes the IUD	Yes	No

To learn more about these methods, talk to your health care professional



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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