

# *Talk with Your Doctor about Your Birth Control Options*

*Together, you can decide what's right for you*

## ***What are the benefits of learning about birth control options?***

Learning about birth control options can help you decide what kind of birth control method is best for you. You can work out a plan to prevent pregnancy.

## ***Are there different types of birth control options?***

There are many different types of birth control options for you to choose from. Ask your doctor about how they work. Some examples of the birth control options are birth control pills, condoms and birth control patches. Find out as much as you can about each method so you can decide what is best for you.

## ***What questions do I ask my doctor?***

Ask your doctor to explain the different birth control choices available to you. Find out how effective they are, if there are any health risks or side effects from using them, and how much they cost. Learn the right way to use your preferred birth control method to prevent pregnancy.



For more information, call the Health Education Information Line at **1-800-804-6074** (TTY/TDD 1-800-431-0964).

[www.CalVivaHealth.org](http://www.CalVivaHealth.org)

# *Tham nrog* Koj Tus Kws Kho Mob *Txog Cov Kev Koj Muaj Los Xaiv Kom* Tswj Tsis Txhob Muaj Menyuam

*Ua ke nrog nws, koj mam li txiav txim tau tias yam twg thiaj li zoo tshaj rau koj*

***Vim li cas nws thiaj li zoo rau kuv los kawm txog cov kev xaiv kom tswj tsis txhob muaj menyuam?***

Thaum koj kawm txog cov kev tswj kom txhob muaj menyuam nws yuav pab tau koj txiav txim tias hom kev tswj kom txhob muaj menyuam twg thiaj li zoo tshaj rau koj. Koj yuav npaj tau ib lub hom phiaj los tiv thaiv kom txhob muaj menyuam.

***Nws puas muaj ntau hom kev tswj kom tsis txhob muaj menyuam rau kuv xaiv?***

Nws muaj ntau hom kev tswj kom tsis txhob muaj menyuam rau koj los xaiv. Nug koj tus kws kho mob seb cov kev tswj hwm no ua hauj lwm li cas. Tej co piv txwv ntawm cov kev tswj kom tsis txhob muaj me nyuam yog cov ntsiav tshuaj noj kom txhob muaj menyuam, cov hnab looj thiab cov ntaub nplaum lo thaiv kom txhob muaj menyuam. Tshawb xyuas kom ntau li ntau tau txog txhua hom kev pab ntawd kom koj thiaj li txiav txim tau seb qhov twg yog qhov zoo tshaj rau koj.

***Kuv yuav nug kuv tus kws kho mob dab tsi?***

Nug koj tus kws kho mob kom nws piav seb cov kev tswj kom tsis txhob muaj menyuam sib txawv li cas. Tshawb xyuas saib lawv pab tau zoo npaum li cas, seb cov ntawd puas muaj feem raug txoj kev noj qab haus huv lossis tej yam mob uas



tshwm sim thaum koj siv cov ntawd, thiab seb raug nqi npaum li cas. Kawm txoj kev siv kom yog rau hom kev tswj kom tsis txhob muaj menyuam uas koj xaiv kom nws thiaj li tiv thaiv tau kom txhob muaj menyuam.

Kom paub ntxiv, hu rau CalViva Health  
Tus Xovtooj Uas Muaj Lus Qhia Los  
Kawm Txog Kev Noj Qab Haus Huv  
ntawm **1-800-804-6074**  
**(TTY/TDD 1-800-431-0964).**

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