

5 THINGS EVERYONE SHOULD KNOW ABOUT REPRODUCTIVE LIFE PLANNING

BOOK YOUR APPOINTMENT TODAY
at ppgreatertx.org/take-control

01

IT'S ALL ABOUT YOUR GOALS

Where do you want to be in five years? Or 10 years? By setting goals and creating a plan to achieve them, anything is possible. Reproductive life planning puts you in the driver's seat based on your goals for pregnancy, healthcare, and other priorities. Get a jump on the process with our **Repro Life Planning Worksheet**, and then set a **birth control consultation appointment** with the experts at Planned Parenthood to start making your plan a reality.

02

BIRTH CONTROL CAN PLAY AN IMPORTANT ROLE

Whether your future will include parenting or not, birth control is an important consideration. There are a **wide variety of contraceptive options** that can prevent pregnancy for short or long terms that require frequent or infrequent maintenance, with a range of effectiveness. This gives you options to find the best fit for your short and long term reproductive healthcare goals. We can help.

03

PLANS CHANGE, AND THAT'S OK

Nothing is set in stone. As your life journey progresses, plans, goals, ideas, and values can change. Birth control methods that worked for you at 21 may not be what's best for you at 40. What's most important is that you have the resources and options you need to live a healthy and happy life. Planned Parenthood is a trusted resource to help adjust your birth control plan to meet your lifelong goals.

04

ANNUAL EXAMS AND REGULAR CHECKUPS ARE VITAL

Staying on top of your overall reproductive health is an important part of any reproductive life plan. No matter what your future plans include, **annual wellness exams** and routine recommended screenings check your breast, cervical, and overall gynecological health and give you a chance to get answers from the experts at Planned Parenthood.

05

YOU CAN TRUST PLANNED PARENTHOOD

You have the power to create a healthy, happy life. This mini guide and the **Repro Life Planning Worksheet** can get you started. That process continues with our birth control experts—asking you important questions and, more importantly, listening to your answers. If you're ready to take the next step, **call or schedule an appointment today.**

