



Taking care of yourself after birth

What you need to know about birth control



It may seem odd to be thinking about birth control while you're still preparing for the birth of your new baby. But it's possible to get pregnant very soon after having a baby if you're not using birth control. So whether or not you plan to have another child, it's important to have a plan in place, which may include birth control, to prevent an unplanned pregnancy.

Birth control options

There are many birth control options and all are safe to use after pregnancy. But not all can be started right after birth, such as birth control pills, rings or patches. On the other hand, long-acting reversible contraceptives (LARC) can be used right after birth. LARCs are also a great option if you don't care for pills or don't want to worry about making a mistake with use.

LARC methods* are very effective and include:

Intrauterine contraceptives (IUCs)

- Small, T-shaped devices that are put into your uterus to prevent pregnancy
- Lasts up to 7 years and is 99.9% effective in preventing pregnancy
- No maintenance and can be removed at any time
- Example: Mirena

Implants

- A thin, matchstick-sized plastic rod inserted under the skin of your upper arm
- Lasts up to 5 years and is 99% effective in preventing pregnancy
- No maintenance and can be removed at any time
- Example: Nexplanon

Talk to your primary care provider or OB-GYN about which method is right for you. If you plan on having more than 1 child, your PCP can also help you figure out the right spacing between your kids.

Taking care of yourself after birth

You have support

Getting the right medical advice and care before, during and after pregnancy can help prevent any serious pregnancy-related problems that may happen. Talk to your PCP or OB-GYN if you have any questions or concerns. Or the following resource is available to help you get the care you need, when you need it.

Support Resources

Healthy First Steps®.

As a member of UnitedHealthcare Community Plan, you have access to this special program that helps you during pregnancy and after.

To sign up, visit

[UHCHealthyFirstSteps.com](https://www.uhc.com/HealthyFirstSteps.com)

Or call **1-800-599-5985**,
8 a.m. – 5 p.m.,
Monday–Friday.

Questions? We're here to help

Call Member Services toll-free **1-866-270-5785**, TTY 711
7 a.m.–7 p.m., Monday–Friday.

myuhc.com/communityplan



*LARCs do not protect against sexually transmitted infections. In order to protect yourself against sexually transmitted infections, also use a condom during intercourse.

© 2021 United HealthCare Services, Inc. All Rights Reserved.

956-CST32412A 9/21