

# #MEETTHEIUC

## CHECK-UP CHECKLIST

**Oh, baby.** The birds and the bees are a seriously important topic to discuss with your doctor. However, while 64% of millennial women would feel comfortable obtaining contraception information from their doctor, only 1/3 actually do.<sup>2</sup>

If having a baby is not in your immediate plans, ask your healthcare provider to help you choose the right contraceptive for your lifestyle. Bring this handy checklist along to make the most of your next annual check-up with your healthcare provider.

- Do you have any current health issues that your healthcare provider should be aware of?
- Are you currently sexually active, or plan to become sexually active soon?
- Have you had any experience with birth control?
- Are you currently on birth control?
- Are you satisfied with your current method of birth control?
- Do you want to have a baby? If yes, when do you want to get pregnant?
- Is it important for you not to get pregnant now (or ever)?
- When it comes to birth control, how easy is it for you to remember daily contraception?
- Do you know what all of your birth control options are?

<sup>2</sup> The Truth Report, 2015