



# Me + My Baby

Health Plan  
of San Joaquin

Mountain Valley  
Health Plan

## You can get pregnant **ANYTIME** after giving birth

Congratulations on your beautiful baby! Whether you want more, or you are all done, let's talk about **birth control**. There are many choices and talking with your doctor can help you take the next steps.

### How soon is too soon?

Having another baby within a year of giving birth can lead to your baby being born too soon. Give yourself time to heal and give your baby some extra special time with you.



### Here are some birth control options:

-  **The IUD** is a little, T-shaped piece of plastic that is placed in your womb.
-  **The patch** is a thin square of plastic, like a Band-Aid.
-  **The Depo-Provera shot** (or the "Depo" shot) is a hormonal method that you get every three months.
-  **The implant** is a tiny rod that sits under the skin on your upper arm and is really hard to see.
-  **The ring** is a soft, small band that you put in yourself.
-  **The pill** is a hormonal method – the most common type.
-  The **Fertility Method** means that women do not use hormonal or barrier methods. They count on knowing their cycles, when they have their period.

### What are STDs?

Sexually transmitted diseases (STDs) are often passed by sex. Sometimes, STDs can be passed non-sexually, such as from mother to baby during pregnancy or giving birth.

### Can any birth control protect against STDs?

**NO.** Condoms, when used the right way, are the only method that protects from STDs.



Sign up for the *Me + My Baby* program today!

Visit [www.hpsj.com/prenatal](http://www.hpsj.com/prenatal) or call Customer Service at **1-888-936-PLAN (7526)**  
TTY 711, Monday – Friday, 8:00 a.m. – 5:00 p.m.