

PILL CLUB'S

ALL-ACCESS GUIDE

A HAIKU FOR YOU

the choice is all yours
your health, your empowerment
welcome to the club

A LITTLE LOVE NOTE

Hello!

At Pill Club, we believe that your body is yours and yours alone. We're here to provide helpful information so you can take control of your health and overall well-being. *That's real power, baby!* Our exemplary medical team consists of doctors, nurse practitioners, pharmacists, and registered nurses. We're proud that our Pill Club family includes great people in every department—each committed to making your experience an exceptional one. All of us want you to love your body and make informed choices about your contraceptive care.

We celebrate that you're making yourself a priority. *Oh, yeah!* Life is full of choices, and we're honored that you've chosen Pill Club to be a part of your journey. Thanks for being here!

 Pill Club



A QUICK LOOK AT

Birth Control Methods

BIRTH CONTROL 411

You can get started now! The pill and ring can be started at any time, just be sure to also use a second, non-hormonal form of contraception, such as a condom*, for the first 7 days to prevent pregnancy. The pill and ring all contain hormones that prevent pregnancy when used correctly. Always take your medication as directed (see prescription label for clear instructions). Please note, only condoms offer protection against STDs (sexually transmitted diseases) and STIs (sexually transmitted infections).

****Internal condoms aren't recommended for women using the vaginal ring.***

PILL

The pill is an oral medication taken daily. In order to use the pill effectively, take 1 pill by mouth at the same time every day. If you've spoken to your prescriber about skipping your periods, carefully follow the directions that you've discussed.

RING

The ring is a flexible plastic ring placed into your vagina. Simply insert the ring vaginally and leave in place for

BIRTH CONTROL 411

3 weeks, then remove the ring for 1 week. Refer to your package insert for visual instructions. The ring can't be used along with internal condoms.

FUN FACT

A normal vagina is self-cleaning.



Handling

CARE AND DISPOSAL

STORAGE

Store your medication in a cool, dry place away from light, heat, and humidity. Keep out of the reach of children and pets.

EXPIRATION

The expiration date of your birth control medication can be found in a few places. You will find it at the bottom right corner of your prescription label, or you can find the manufacturer's imprint on the inner and outer packaging.

PROPER MEDICATION DISPOSAL

Birth control that's expired, used, or no longer needed should be disposed of according to FDA guidelines; this includes pills and rings. Medication can be dropped off at most local pharmacies (look for the safe medication disposal kiosk!) or at a safe drug disposal site (tinyurl.com/toss-meds).

If dropping off at a site isn't convenient for you, and your packaging doesn't specify another disposal method, dispose of the birth control with the methods on the next page.

CARE AND DISPOSAL

Always mark out all personal information on the labeling to protect your identity and privacy.

Pill

Mix pills with an unappealing substance, such as coffee grounds or cat litter. Put into a sealed container, such as a zipper storage bag, and place in trash.

Ring

Place the ring in its re-sealable foil pouch and dispose in trash. The ring shouldn't be flushed down the toilet.

Food and Drug Administration: tinyurl.com/fda-toss

FUN FACT

The clitoris has about 8,000 nerve endings—more than any other body part.

Changes, Changes

HOW, WHAT, WHEN?

HOW DO I REQUEST TO CHANGE MY MEDICATION BRAND OR METHOD?

To change your medication brand or method of birth control, please reach out to a member of our patient care team. If you are requesting to change your brand or method due to side effects, please let us know so one of our nurse practitioners can provide consultation and re-prescribe a new suitable medication, if necessary.

WHAT IF I LOSE MY BIRTH CONTROL PACK?

No worries, it happens! If you lose your birth control pack, please contact our patient care team by texting us at 44872 or at (772) 217-4557 as soon as you can. We'll try our best to help you out!

WHEN WILL IT ARRIVE?

Oooh, mail! Your insurance determines how often you will receive a package from us. Some insurance plans allow deliveries one month at a time, while others allow 2-, 3-, 6-month, and 1-year supplies. Your next care package will be scheduled to arrive within 2-5 days before your next refill is due.



Common Side Effects

DISCLAIMER

This content does not replace a health consultation with our medical team.

See your primary care provider or speak with one of our pharmacists at (650) 562-7271 if you start experiencing intolerable side effects.

You may also text us at 44872 for concerns about side effects.

NORMAL OR NOT?

Experiencing some spotting and breakthrough bleeding? Don't worry. This is a common side effect of using birth control. Please keep in mind that it can take some time for your body to adjust to the change in hormones. Each person's experience with birth control may be different. Check out the list of common side effects shown below. Our medical team suggests sticking to any new birth control for 2 to 3 months before switching brands, unless you have intolerable side effects.

Some common side effects of combined hormonal birth control are as follows:

Pill: abdominal pain, acne, bloating, breakthrough bleeding, breast tenderness, contact lens intolerance, depression, headache, irregular bleeding, mood changes, nausea, vomiting, weight changes, and yeast infection

Ring: all of the side effects related to the pill as listed above, as well as possible vaginal irritation



Serious Side Effects

NOW, THIS IS SERIOUS!

Although rare, serious side effects may occur. If you experience any of the following symptoms, immediately go to the nearest emergency room or call 911.

REMEMBER THE ACRONYM *ACHES*

Abdominal pain—severe, upper right side

Chest or severe arm pain, shortness of breath

Headache—severe, not relieved with over-the-counter oral pain reliever

Eye problems or blurry vision

Swelling/redness, severe leg pain

Suicidal thoughts or wanting to harm yourself or others

Call the National Suicide Lifeline at (800) 273-8255 for free and confidential support, 24/7.

IMPORTANT

Note that shortness of breath, trouble swallowing, facial swelling, hives/rash, etc. may be anaphylaxis or a severe allergic reaction. If you experience any of these symptoms, please go to the nearest emergency room or call 911 immediately.

NOW, THIS IS SERIOUS!

SMOKING

A friendly reminder: Smoking while taking birth control can increase the risk of possible blood clots and stroke. If you're a smoker and interested in quitting, please visit nobutts.org or call 1800NOBUTTS to receive additional support. Quitting can be challenging—maybe one of the most challenging things you'll ever do—but we believe in you. You're worth it!

Although there's a higher overall risk of developing blood clots, the benefits of birth control generally outweigh the risk. In most cases, it's okay to continue with combined hormonal birth control if you're under 35. We'll discuss alternative options if you're 35 or older. Just reach out, we're happy to talk.

FUN FACT

In the past, a variety of items were used for absorbing menstrual flow: rags, sheep's wool, and even moss!

We're so grateful for
the opportunity to
empower your health.

Remember,
you're phenomenal!



How Your Dashboard Works

YOU'RE IN CHARGE!

Log into your account at thepillclub.com to find your Dashboard and customize your personal information, learn your Pill Club delivery schedule, request emergency contraception, and more!

MOVING OR GOING ON VACATION?

If you're moving, please remember to update your new delivery address through your Dashboard. However, if you're going on vacation, it's best to contact our patient care team by texting us at least **2 weeks** before your trip. We'll need the dates you'll be travelling and where you'll be during that time. As always, we'll do our best to accommodate you!

INSURANCE CHANGES

You can update your insurance information at any time through your Dashboard. Or simply take a picture of the front and back of your new insurance card and text it to us.

YOU'RE IN CHARGE!

NEXT DELIVERY?

You can log into your Dashboard at thepillclub.com to find your next scheduled refill date under the Status section. Delivery typically takes 3-5 business days.

OOPS! EMERGENCY CONTRACEPTION, PLEASE.

You can request emergency contraception (EC) to be included with your birth control package! Having EC pills available is recommended for those at risk of unintended pregnancy. EC is only recommended as a backup, and shouldn't be used as your primary method of birth control.

Log into thepillclub.com and go to the Personal section on your Dashboard. Click the pencil icon and use the EC toggle button to submit your request. We can include it in your next package. We don't ship EC overnight, so we encourage you to have it on hand.

WE OFFER THE INTERNAL CONDOM, TOO!

The FC2 Internal Condom® is hormone-free, latex-free protection against unintended pregnancy and STDs/STIs (when used correctly and consistently). FC2 is a great

YOU'RE IN CHARGE!

barrier method to use along with birth control pills. It is not recommended for patients using the vaginal ring. To request the internal condom, please follow the same ordering process as for EC (explained on the previous page) and use the FC2 toggle. Refer to the package insert for more information on the internal condom and step-by-step instructions. Internal condom orders will be mailed out as soon as possible if covered by insurance.

You may choose to text us at 44872 or (772) 217-4557 to update your delivery address and insurance information, as well as to request emergency contraception or the internal condom.

FUN FACT

The hormones in birth control pills can thicken the mucus lining of the cervix, so it's challenging for the sperm to reach the egg. The hormones in some birth control pills can also alter the environment in the uterus, making it difficult to achieve pregnancy.



Taking Care of You

FORGET ME NOTS

We understand how busy life gets, so we want to help you organize your appointment dates. Use the checklist below to keep track of each one. Our medical team recommends that you have the following exams and screenings to keep you healthy!

MY TO-DO LIST	DATE	FOLLOW-UP
Annual Physical
Annual Breast Exam
Pap Smear Exam
STD/STI Screening
Annual Skin Exam
Vision Exam
Dental Exam
Blood Pressure ✓	#1	#2

FORGET ME NOTS

KNOW YOURSELF

Become familiar with your own amazing body. Think of medical appointments as a chance to learn; don't be shy about asking your provider questions. For example, the next time you have a Pap exam, bring along a handheld mirror and ask if you can take a peek. If you know what's normal for your body, then you'll be more likely to notice any changes.

Consider using the calendar provided with this guide as a tool to keep track of your cycle and your body's day-to-day responses. Mobile apps can be helpful for this purpose, too!

It's very important to see a healthcare provider or a specialist for your annual physical exams. Pill Club should never substitute for your regular physical check-ups.

FUN FACT

*Your cervix and your nose have a similar texture!
Feel at the top of the vagina for the part with a texture like the end of your nose; that's the cervix.*

Be the
Best Version
of Yourself

POSITIVE MIND = POSITIVE LIFE

If you haven't taken steps to establish positive fitness and eating habits, today's the day! Accountability is KEY, so find a workout buddy and help keep each other on track.

SOME TIPS

1. Have fun with your fitness: walking, hiking, running, swimming, skiing, surfing, and dancing are all great ways to keep fitness fun! Burn Baby, Burn!
2. Aim to participate in moderate-intensity exercise such as brisk walking, running, or climbing stairs for a total of 2 ½ hours per week. Exercise intervals should last for at least 10 minutes.
3. For a healthy lifestyle, choose foods that are high in fiber and low in fat and sugar. Try to incorporate whole grains, unprocessed foods, and heart-healthy fats like those found in avocado and almonds.
4. Keep adequately hydrated. Remember to drink water before, during, and after your activities! Freshen up your water and make it fun by adding citrus, berries, or mint.

POSITIVE MIND = POSITIVE LIFE

5. Schedule those regular appointments with your healthcare provider! We can't emphasize enough how important it is to be seen regularly for checkups and discuss any health-related concerns that might be on your mind.
6. ME Time! Mental health largely contributes to your physical health. Be **kind** to yourself.
7. Start your day off right; tell yourself something that you LOVE about YOU.

FUN FACT

Birth control pills contain hormones to influence the way the body works and to prevent pregnancy. Certain birth control pills prevent ovulation (the release of an egg during the monthly cycle). Pregnancy isn't possible without ovulation, because an egg isn't available to be fertilized by sperm.



Let's Talk about Sex

GETTING REAL

DISCUSS: YOUR BODY, YOUR CHOICE!

Remember, the best time to talk about sex is BEFORE you start having it. Whether you plan to have oral, vaginal, or any type of intercourse, know it's a discussion worth having with your partner. This might be an awkward conversation, but don't worry, you should feel much better afterwards. We want you to be empowered to have open conversations and make informed decisions about your body and your health :)

SO, WHAT DO WE TALK ABOUT?

It's a good idea for you and your partner to discuss any sexual activity that makes either of you uncomfortable or is off limits, your relevant sexual history (including STDs or STIs), the method(s) of birth control and/or protection against STDs/STIs that you'll be using, and if you plan to have a monogamous relationship.

A WORD ABOUT STDs/STIs

People can have an STD or STI and be unaware of it. This is why getting regularly tested is very important for your health. Only barrier methods such as the internal condom and the male (external) condom can help to prevent an STD

GETTING REAL

or STI when used correctly and consistently. If you have any questions about this topic, let us know. We're here to help you out! Text us at 44872 or at (772) 217-4557.

FUN FACT

Females are born with all of the eggs they're ever going to have; ovaries don't produce new eggs during their lifetime.



Birth Control Life Hacks

KEEP IN MIND

Set your phone/calendar alarm to remind you when to take or insert your birth control!

Put your birth control pack next to (or inside) something that you use each day, like your phone, notebook, backpack, or handbag.

Keep a journal next to your bed to jot down health questions you might forget when you're at the doctor's office.

P.S. We have a calendar and journal pages for you at the end of this guide. Cool, right? Use them to note any concerns about your health and menstrual cycle, then conveniently bring the guide to your medical appointments.

FYI: If you have a question or feel that something is not quite right with your birth control method, please reach out to our patient care team by texting us at 44872 or at (772) 217-4557 within normal business hours.

Her intuition was
her favorite superpower.

JOIN PILL CLUB'S COMMUNITY!

Find Us @pillclub on Facebook, Instagram, and YouTube

BUSINESS HOURS

MON - FRI, 9:00 am to 5:00 pm PST (Pacific Standard Time)

Text 44872 | Phone (772) 217-4557