

Participating Clinics

James O. Goodwin Health Center
5051 S. 129th E. Ave. Tulsa, OK 74134
918.582.9355

Central Regional Health Center
315 S. Utica Tulsa, OK 74014
918.582.9355

**North Regional Health Center
and Wellness Center**
5635 N. Martin Luther King Jr. Blvd. Tulsa, OK 74126
918.582.9355

Sand Springs Health Center
306 E. Broadway Sand Springs, OK 74063
918.591.6100

Collinsville Health Center
1201 W. Center Collinsville, OK 74021
918.596.8650

Morton Comprehensive Health Services
1334 N. Lansing Ave. Tulsa, OK 74106
918.587.2171

East Tulsa Family Health Clinic
11511 E. 21st St. Tulsa, OK 74129
918.295.6185

Planned Parenthood
1007 S. Peoria Ave. Tulsa, OK 74120
918.582.4710

Community Health Connection
2321 E. 3rd St. Tulsa, OK 74104
918.622.0641

Community Health Connection
9912 E. 21st St. Tulsa, OK 74129
918.622.0641

**OSU Physicians | Obstetrics
and Gynecology**
717 S. Houston Ave. Suite 200 Tulsa, OK 74127
918.586.4500

OSU Women's Health Center
2345 Southwest Blvd Tulsa, OK 74107
918.561.8543

OU Physicians | Women's Health Care
4444 E. 41st St. Third Floor, Suite B Tulsa, OK 74135
918.660.4203

OU Physicians | Family Medicine
1111 S. Saint Louis Ave. Tulsa, OK 74120
918.619.4622

Indian Health Care Resource Center
550 S. Peoria Ave. Tulsa, OK 74120
918.588.1900

To schedule an appointment

- Call a participating clinic
- Call Planline 918.838.0697
- Visit our website

www.takecontrolok.org

TAKE CONTROL

INITIATIVE



Empowering women with the choice of when to have children through the use of highly effective, low maintenance contraception.



We offer free IUDs and the Implant for qualifying women

IUDs

Implant

- 99% effective
- Low maintenance
- Last anywhere from 3 to 10 years
- Can be removed at anytime by a healthcare provider

Am I eligible for services?

Yes, if you are:

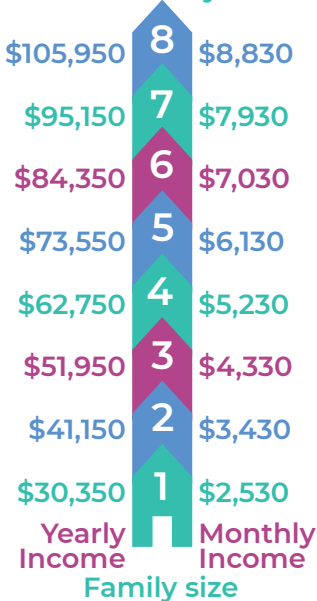
A female of reproductive age

At risk of becoming pregnant

Living in Tulsa County

Income at or below 250% of the Federal Poverty Level

Federal Poverty Level



What is the Take Control Initiative?

The initiative provides Tulsans with education, outreach, and services for the Implant and the IUDs.

The use of highly effective contraception enables women and families to have more control over their lives, pursue their educational goals, and improve their socio-economic status.

Benefits of IUDs and the Implant:

They prevent pregnancy for years, but can be removed anytime to return to your fertility. They work by releasing a low dose of estrogen-free hormones or no hormones at all. That means no daily or weekly reminders to use birth control.

How well does birth control work?

Really well

- The Implant: Works hassle-free for up to 3 years
- Hormonal IUD: Works hassle-free for up to 3-5 years
- Non-hormonal IUD: Works hassle-free for up to 12 years
- Sterilization: Works hassle-free for up to Forever

Okay

- The Pill: Works best if used Every single day
- The Patch: Works best if used Every week
- The Ring: Works best if used Every month
- The Shot: Works best if used Every 3 months

Not so well

- Withdrawal: For these methods to work, you or your partner have to use it every single time you have sex.
- Diaphragm
- Fertility Awareness
- Condoms, for men and women: Needed for STI Protection



What services are offered through the Take Control Initiative?

- The choice between Mirena, Kyleena, Skyla, Liletta, ParaGard, or Nexplanon
- Placement and removal of the device
- Pregnancy and STD testing

These services are provided for free at participating clinics.

None of these methods protect against HIV & STIs.

Questions about TCI?

- ✉ info@takecontrolok.org
- 📘 Take Control Initiative
- 📷 IUDecide