

You have taken a big step by getting treatment for addiction.

You're taking control of your life.

It's important to keep that control so you can get healthy and make plans for your future. Sticking to your treatment plan and staying sober are the keys to reaching your goals in life.

During treatment and recovery, it's important to think about birth control if you're having sex. Birth control gives you time to take care of yourself. And it gives you the power to choose when you'll have a baby. The best gift you can give your baby is a strong start in life. That begins with a healthy mother and a healthy pregnancy at the right time.

***“When you're going through treatment, you're working through a lot. You don't always think about the possibility of getting pregnant...but maybe you should. Birth control is so easily accessible and can help you.”** — Clara*

Spanish: Español

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-600-4441 (TTY: 711).

Kurdish: کوردی

ئاگاداری: ئهگهر به زمانی کوردی قهسه دهکهیت، خزمهتگوزاریهکانی یارمهتی زمان، بهخواری، بو تو بهردهسته. پهیهندی به 1-800-600-4441 (TTY 711) بکه.

Do you need help with your health care, talking with us, or reading what we send you? Call us for free at:
1-800-600-4441 (TTY: 711)

We obey federal and state civil rights laws. We do not treat people in a different way because of their race, color, birth place, language, age, disability, religion, or sex. Do you think we did not help you or treated you differently? Then call 1-800-600-4441 (TTY 711) or TennCare 855-857-1673 (TRS 711) for free.



For more information

or to talk to someone about birth control:

Member Services:

(TennCare) 1-800-600-4441 (TTY 711)

(CHOICES) 1-866-840-4991 (TTY 711)

Amerigroup On Call/24-hour Nurse

HelpLine: 1-866-864-2544 (TTY 711)

www.myamerigroup.com/TN

This work is a derivative of *Are You in Treatment or Recovery?* by the Ohio Perinatal Quality Collaborative. This content is licensed under a Creative Commons Attribution Non-Commercial License.



Amerigroup
RealSolutions[®]
in healthcare



Are you in treatment or recovery?

Birth control gives you the time
to heal and take care of yourself

www.myamerigroup.com/TN



“I am so grateful

*I came into treatment and
with unintended pregnancy
be okay. Then watching t*

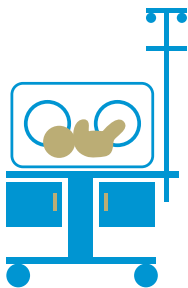
I am in recovery and feel good.

Why not get pregnant?

As a woman in recovery, you have what it takes to make the right choices and the determination to stick to them. You're more likely to have a healthy pregnancy, and a healthy baby, after you've completed treatment and have been in recovery for some time without relapsing. You don't want to risk a relapse while pregnant. That could cause your baby to have health problems. Take time to heal completely. Recovery is a journey.

What health problems do babies have when their moms used opioids while pregnant?

- Feeding problems
- Tremors
- Irritability
- Vomiting and diarrhea
- Low birth weight
- Breathing problems
- Seizures



Why use birth control?

Birth control works and is one of the best ways to prevent pregnancy. It'll help you stay on track with your recovery. A baby could make your recovery harder. It'll be more difficult to focus on yourself, your needs and your health. Recovery is your most important job right now.

ful someone urged me to get birth control. and witnessed other women having to deal nancies and the worries that their baby would the babies struggle was awful.” — Lindsey

Talk to your health care provider about the best birth control for you

- The pill works well when taken every day. But many women forget to take it. It’s important to learn about other kinds of birth control.
- The intrauterine device (IUD) is a tiny piece of plastic that goes in your uterus (womb).
- The birth control implant is a tiny rod that goes in your upper arm.

More than half of pregnancies aren’t planned. But you have a choice. Both the IUD and implant work very well, last for several years and can be removed at any time.

You and your male partner always need to use condoms too. Even though condoms aren’t as good at birth control as the options listed above, they do protect you from diseases and infections that can pass between couples during sex.

Many kinds of birth control are covered at no cost to you

- To see which types of birth control are covered, call Member Services at (TennCare) 1-800-600-4441 (TTY 711) or (CHOICES) 1-866-840-4991 from 8 a.m. to 6:30 p.m. Monday through Friday. Or visit www.myamerigroup.com/TN.
- Then talk to your health care provider about which option is right for you and your partner.



I am pregnant or thinking about trying to get pregnant. What should I do?

Talk to your health care provider about ways to have a healthy pregnancy and the best treatment plan for you. This includes making sure you're taking the correct amount of your maintenance drug (like methadone or buprenorphine, also known by brand names like Subutex or Suboxone). It's very important to stay in treatment. Getting and staying sober will help you stay in control of your life. Then you can take good care of yourself and your baby.

“When I was using, I still had the ability to know I did not want to get pregnant. I got the IUD and then, thankfully, got into treatment. I’ve been clean now for two years and have a beautiful, healthy 1-year-old.” — Anna