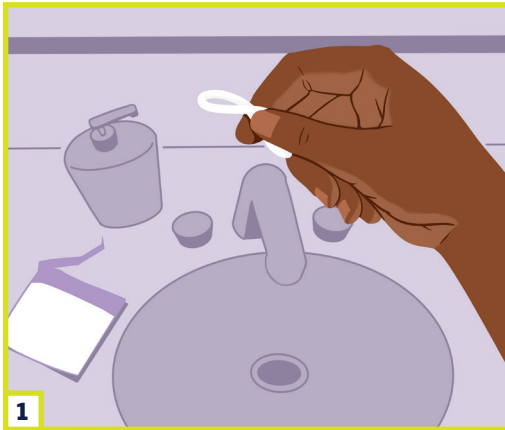


THE RING

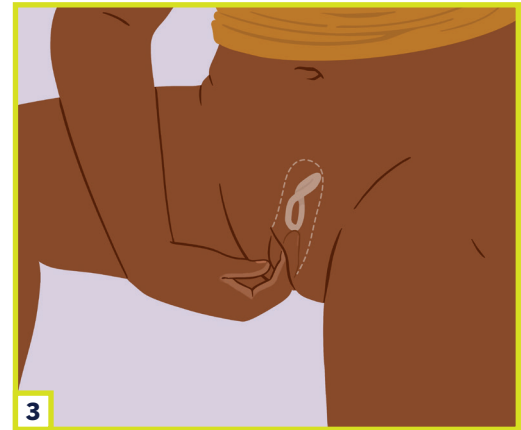
HOW TO INSERT THE RING



1 Wash your hands with soap and water. Use your thumb and index finger to squeeze the ring into a narrow oval shape. Although there are two types of rings—NuvaRing or Annovera—you will insert and remove both rings in the same way.

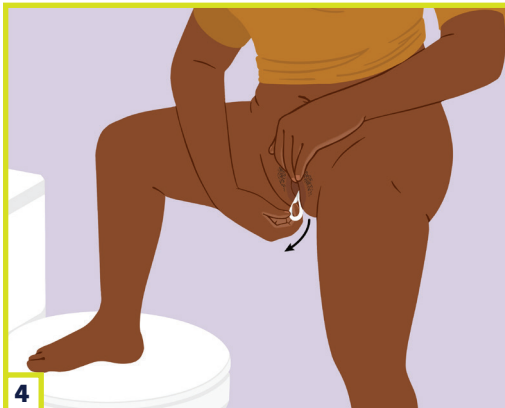


2 Lay down, squat, or stand with one leg up on a supported surface. Push the ring as far as you can into your vagina—similar to how you might insert a tampon. It's not possible to push the ring up too far or for it to get lost.



3 The ring can rest in any position against your vaginal wall as long as it's comfortable and no part of it sticks out of your vagina. If the ring feels uncomfortable, it may not have been inserted far enough so take it out and reinsert it. Leave it inside your vagina for 21 days.

HOW TO REMOVE THE RING

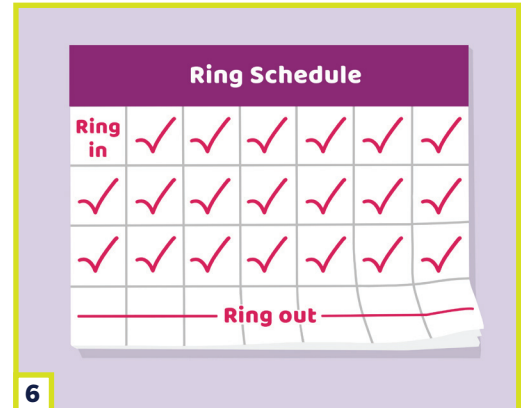


4 After 21 days, you'll remove the ring from your vagina. Wash your hands with soap and water. Reach your index finger into your vagina and feel for the edge of the ring. Hook your index finger around the ring and pull it down and out.



5 **NuvaRing:** Put it back in its resealable pouch and toss it in the trash.

Annovera: Wash the ring with soap and water. Pat dry and store in the case provided until it's time to reinsert it.



6 Once you've removed the ring, leave it out for 7 days; during this time you'll probably get a period.

NuvaRing: On day 8, insert a new ring.

Annovera: On day 8, reinsert your clean ring.

HOW IT WORKS

There are two types of vaginal rings—NuvaRing and Annovera—that release hormones which thicken cervical mucus and affect the lining of the uterus, preventing sperm from reaching an egg.

HOW OFTEN YOU USE IT

NuvaRing: Insert a new ring each month.

Annovera: Clean, reuse, and insert the same ring each month for up to a year.

EFFECTIVENESS

Typically, **91%** of people don't become pregnant.

HOW TO GET IT

A healthcare provider provides a prescription that is filled at a pharmacy.

COST

Either ring costs between \$0–2,200. If you have insurance, it's typically low- or no-cost.

VISIBILITY

While your partner(s) won't see the ring, they may be able to feel the ring.

STORAGE

Store both rings in a dry place, ideally between 59–77°F.

ADDITIONAL INFORMATION

- Not proven to lead to weight gain
- You have the option to remove the ring on day 7 and get a period or insert a new ring right away and not have a period
- Does not protect against STIs so be sure to use a barrier method

If you notice any concerning changes, reach out to your healthcare provider immediately.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.



Learn more at hellogreenlight.org/ring