

B	I	N	G	O
Vaginal Ring	100%	Contraception	Oral Contraceptives	Hormonal Methods
Abstinence	Vagina	Long-Acting Reversible Contraceptives	3-10 Years	Sterilization
4 Years	Injectable Birth Control	FREE	Every 4 Weeks	Tubal Ligation
Female Condom	Spermicide	Hormonal IUD	Male Condom	Copper IUD
Contraceptive Patch	Implant	50% or Less	80-90%	Penis

B	I	N	G	O
Diaphragm	4 Years	Every 4 Weeks	Vagina	3-10 Years
Vaginal Ring	Tubal Ligation	Injectable Birth Control	Oral Contraceptives	Implant
Female Condom	Hormonal Methods	FREE	Abstinence	Contraception
Long-Acting Reversible Contraceptives	Vasectomy	Penis	Spermicide	50% or Less
80-90%	Male Condom	100%	Hormonal IUD	Withdrawal

B	I	N	G	O
Vasectomy	Barrier Methods	4 Years	Penis	Abstinence
Injectable Birth Control	Cervical Cap	Withdrawal	3-10 Years	Vaginal Ring
Hormonal IUD	80-90%	FREE	Oral Contraceptives	Every 4 Weeks
Contraception	Diaphragm	100%	Contraceptive Patch	Implant
Male Condom	Vagina	Spermicide	Female Condom	Sterilization