

# Starting the Conversation

Here are some ideas on how you can have a productive conversation on birth control with your healthcare provider.

**1** Start by asking your doctor how you can determine what birth control method is right for you.

**2** Find out the difference between pills that contain estrogen versus those that do not.

**3** If you are a breastfeeding mom, woman with high BMI, teenager or smoker, ask if a progestin-only pill containing drospirenone is the right fit for you. But if you are a woman who may benefit from a low dose of estrogen in her oral contraceptive, then ask if Tyblume™ is right for you.

**4** Learn about what your periods will be like when taking Tyblume™.

**5** Ask about what happens if you miss taking your pill at the scheduled time.

**6** Know how to take Tyblume™ if you are switching from another pill.

**7** Discuss how soon after taking Tyblume™ you will begin to be protected from becoming pregnant.

**8** Ask why the price of Tyblume™ will be affordable for you