

When plan A doesn't work out,
there's Plan B One-Step®

I'VE
GOT
THIS™



An emergency
contraception
so trusted it's the
#1 recommended
brand by OB/GYNs

PlanBOneStep.com

Everything you want to know about Plan B One-Step®

If you're thinking of using Plan B, you probably have some questions. Use this guide to help you get the answers.



A backup plan you can feel confident in

So, how does Plan B actually work? Let's start with the facts.

- Plan B One-Step is an emergency contraception that helps prevent pregnancy before it starts by delaying ovulation when taken within 72 hours of unprotected sex
- It uses the same active ingredient as regular birth control pills—just at a single, higher dose
- It won't hurt your chances of getting pregnant in the future



The myths of Plan B

When it comes to Plan B, there are a lot of myths about what it does and how it works. Let's set the record straight once and for all.

- It is **NOT** an abortion pill
- It **won't affect** an existing pregnancy
- It is **NOT** meant to be used as a regular birth control method



The sooner you take it, the better it works

Plan B is an emergency contraception you take within 72 hours when:

- You didn't use any form of birth control and had unprotected sex
- There was an issue with your regular birth control method (eg, the condom broke or slipped)
- You missed a dose (or more) of your regular birth control pill and had sex



Grab it right off the shelf

Ready to get Plan B but not sure where to find it? Take a look below.

- Plan B is available over the counter at most major retailers like Target, Walmart, Walgreens, CVS, Rite Aid, and more
- Find it in the family planning aisle
- **No prescription, no ID, no age requirement**

TARGET Walmart **CVS** pharmacy **RITE AID** *Walgreens*



Discover savings
and more at

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Use as directed.

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