

DID YOU KNOW?

You can get long-term birth control at no cost to you!

A Step Ahead TriCities has a mission to remove barriers to long-acting, reversible contraceptives. They will cover the cost for IUDs, implants, and injection birth control methods, including the provider visit and even transportation if you need it!

A Step Ahead can provide these services to most residents of Tennessee. Costs are covered regardless of health insurance or income status. For more information, visit <https://www.asteaheadtricitities.org/>.

A STEP AHEAD
— TRI-CITIES —



**Free Long Term
Birth Control for the
Appalachian
Highlands**

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