powerme A2Z



Birth Control After Baby

Family Planning Guide for New Parents

ADHS

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ARIZONA DEPARTMENT OF HEALTH SERVICES

Welcome to PowerMeA2Z.

We hope this booklet and our website **azdhs.gov/powermea2z** are helpful tools for you. We created them with you in mind. A lot of research and thought went into both.

We know there is nothing like talking to another parent to learn what's important — that network of friends is so helpful! We talked to lots of parents and asked what is important to them, what they wished they had known, and what they would tell their friends about being healthy after baby. Then, we put it in this booklet and on our website so you could learn from them. Check it out and see what other new parents are saying about:

- Why is it important to take a multivitamin with folic acid?
- What is a good amount of time to wait between pregnancies?
- How soon after you have a baby can you get pregnant again?
- Is breastfeeding a good form of birth control?
- What should I expect and ask during my postpartum check-up?
- Which birth control is right for me?

You have a lot going on! You're a new parent, trying to stay healthy, taking care of yourself and your family, not to mention trying to keep your stress down. It may be hard to juggle everything. Take a minute for yourself by reading this booklet and be happy and healthy with PowerMeA2Z!

Congratulations on your beautiful new baby!

Whether you want more or you are all done, this book is for you. Learn about birth control, birth spacing, sex and relationships for postpartum people.



Should I take a multivitamin with folic acid?

People who have just had a baby need folic acid. It's good for you and your future children.



The Power of Folic Acid (B9)

This one vitamin is packed with so much power it's simply a must for every person who can get pregnant. Just take a daily multivitamin with 400 mcg of folic acid. Give yourself the gift of all its benefits.

Beauty Aid
Folic acid makes your hair shine, nails grow, and skin glow.

Stress Buster
Folic acid makes serotonin, a chemical that helps lift your spirits.

Natural Antidepressant
Folic acid helps regulate an amino acid that affects mood.

Blood Booster
Folic acid produces normal red blood cells and helps the body absorb iron.

Healthy Heart
Folic acid helps prevent heart disease and stroke by lowering cholesterol and blood pressure.

Fountain of Youth
Folic acid helps prevent memory loss and improves your ability to think as you age.

Lowers Risk of Cancer
Folic acid can lower your chances of developing colon, breast, cervical, pancreatic and stomach cancers.

Get Free Vitamins at azdhs.gov/powermea2z

Smart people know: take your multivitamin every day!

VITAMINS	BENEFITS	SOURCES
A	Prevents eye problems, keeps skin and immune system healthy.	Milk, eggs, liver, fortified cereals, darkly colored orange or green vegetables (such as carrots, sweet potatoes, pumpkin, and kale), and orange fruits (such as cantaloupe, apricots, peaches, papayas, and mangos)
FOLIC ACID (B9, folate, or folacin)	Makes your hair shine, nails grow, and skin glow. Helps prevent birth defects of the brain and spine that may form early in a pregnancy, before most people even know they are pregnant. Since 50% of pregnancies are unplanned, start taking it now.	Dry beans and other legumes, leafy green vegetables, asparagus, oranges and other citrus fruits, and poultry; fortified or enriched bread, pasta, flour and some corn tortillas, and cereals
THIAMIN (B1)	Helps the body get energy from foods you eat. Needed for the heart, muscles and nervous system to work properly.	Fortified breads, cereals, and pasta, red meat, fish, dry beans, soy foods, peas, whole grain foods, and wheat germ
RIBOFLAVIN (B2)	Needed for getting energy from foods you eat and making red blood cells. Also needed for eyesight.	Meat, eggs, legumes (such as peas and lentils), nuts, dairy products, leafy green vegetables, broccoli, asparagus, and fortified cereals
NIACIN (B3)	Helps the body turn food into energy, helps keep your skin looking healthy and is needed for nerve function.	Red meat, poultry, fish, fortified hot and cold cereals, and peanuts
B6	Important for normal brain and nerve function. Helps the body break down proteins and make red blood cells.	Potatoes, bananas, beans, seeds, nuts, red meat, poultry, fish, eggs, spinach, and fortified cereals
B12	Helps to make red blood cells and is important for nerve cell function.	Fish, red meat, poultry, milk, cheese, eggs, and some breakfast cereals
C (ascorbic acid)	Needed for healthy bones, teeth, gums and blood vessels. Helps the body absorb iron and calcium, aids in brain function and healing, and helps form collagen to hold cells together.	Red berries, kiwis, red and green bell peppers, tomatoes, broccoli, spinach, and juices from guava, grapefruit, and orange
D	Strengthens bones by helping the body absorb bone-building calcium.	A vitamin that comes from sunlight! Also from egg yolks, fish oils, and fortified foods such as milk
E	An antioxidant that helps protect cells from damage. Important for the health of red blood cells.	Vegetable oils, nuts, leafy green vegetables, avocados, wheat germ, and whole grain foods



How soon is too soon?

People who have had a baby can and do get pregnant before they are ready.


"How can I afford child care for two?"
"I don't have a lot of time off from work to use since I was just on parental leave with my first baby. What will this mean for my job?"
"Having the baby early was really scary. I am so worried about him!"
"Is going to child care safe for a baby who was born early?"
"How am I going to be here with my new baby and still take care of his brother the way that I need to?"
"I am feeling so overwhelmed!"

Risks for the Family

- Higher costs and stress on the budget
- More stress on the parents' relationship
- Older siblings are more at risk for learning and behavior problems
- More demands on parents

Risks for Birthing Parent

- Preterm labor (before 37 weeks)
- Harder to lose pregnancy weight
- Third trimester bleeding
- Uterine rupture (tear)
- Higher risk for stress and postpartum depression

Risks for Baby

- Premature birth (before 37 weeks)
- Low birth weight (less than 5lbs, 8oz)
- Being small for gestational age (smaller than usual for the number of weeks of pregnancy)
- Higher risk of sudden unexpected infant death (SUID)

Facts about birth spacing

Did you know that it is important to space your pregnancies at least 18 months apart?

Experts recommend that you wait **at least 18 months between giving birth and getting pregnant again**. There are lots of reasons that this is healthier for the parent and baby.

Pregnancies that are too close together can be risky for the birthing parent and baby. The closer together they are, the riskier it is.

By waiting at least 18 months between giving birth and getting pregnant again, you are giving your body time to heal and get back to normal. You can enjoy time with your older children, and you are giving your new baby a better chance of being born on time without issues.

"Can I get pregnant if I have sex during my period?"

Yes. Though it's less likely that you will become pregnant. However, sperm can live for up to five days in a vagina, so you can still become pregnant.



It can happen to you

Getting pregnant again quickly. Here are the facts about how soon someone can get pregnant after giving birth.

- You can get pregnant as early as three weeks after you have your baby. If you are not breastfeeding, begin using a birth control method before you have sex again for the first time.
- If you breastfeed partially, pump your milk or add baby food or formula (as appropriate for baby's age), you can become pregnant within six weeks after delivery.
- If you are fully breastfeeding, this may prevent you from getting pregnant again for six months or until your period returns.
- Until your cycle returns to normal, it is hard to track your fertility or your monthly cycle to know when you could get pregnant.
- Temporary methods, like condoms, are a good option until you can get started with your preferred birth control method. Emergency birth control like Plan B can help if you didn't use birth control as planned.
- One in 12 birthing parents become pregnant again less than six months after delivering their baby.



Breastfeeding as birth control

Here are the facts about breastfeeding as a birth control method.

- Breastfeeding can be used as a contraceptive, or birth control, but only if:
  - You breastfeed your baby at least every four hours during the day and at least every six hours at night.
  - Your period has not come back.
  - Your baby is less than six months old.
- Breastfeeding is only a temporary method and once your period returns, you can get pregnant again. Start a birth control method at six months or with your first period.
- Start your method of birth control as soon as you start adding formula or food to your baby's diet, or if you pump more than once a day instead of breastfeeding.
- There are good birth control methods for people who are breastfeeding. You can use Paragard® or a hormonal IUD, Nexplanon®, Depo-Provera®, progesterone-only pills, barrier methods like the male or female condoms, and permanent methods for couples who don't want more children. Some people who breastfeed use methods with both estrogen and progestin once their milk supply is well established, while others find they make less milk with these methods.
- Talk with your doctor to learn about your options and to make a plan that works for you.
- Breastfeeding is not a reliable form of birth control.

"Can I get pregnant if I'm breastfeeding?"

Yes. Breastfeeding can be used as birth control, but only if you are fully breastfeeding (about six times a day and for all nighttime feedings). If you feed your baby more than one bottle of formula a day, you could get pregnant. After six months or once your period returns, breastfeeding no longer works as contraception.



Get the most out of your postpartum appointments.


"Can birth control protect against sexually transmitted diseases (STD/STIs)?"
No. Condoms, when used correctly, are the ONLY family planning method that give STD/STI protection.

Getting the most out of your postpartum appointments

Some people get shy talking about sex, but your doctor has probably heard it all before!

Try these tips to help you feel prepared for your appointments:

- **Get ready** — Ever walk into your appointment and forget all of your questions? You're not alone. Write down your questions and symptoms to discuss.
- **Prioritize** — Many health clinics are busy. Make sure you ask your most important questions first so that you don't run out of time.
- **Speak your mind** — It is important that you are able to be open and honest with your doctor. It is great if they come up with a plan, but if that plan does not fit into your lifestyle, then it won't work for you. It is ok to tell your doctor if you are not on board with their suggestions. After all, you need to follow a plan for it to work.
- **Write it down** — Your doctor might cover a lot of information during an appointment and it can be hard to keep it straight in your head. If you write down the important points, it will be easier to remember later.
- **Back up** — If your doctor says something that you don't understand or that upsets you, it is ok to stop and ask them to explain it another way until it makes sense.
- **It's private** — If there is something you need to talk about, but you feel embarrassed bringing it up, try telling your doctor that you need to tell them something 'private.' It lets them know that you have something important to say and they need to listen.
- **Come prepared** — Bring your paperwork for your leave of absence from work or school so it can be signed while you are at your appointment.
- **Helping hands** — See if a family member, friend, or your partner can watch your baby and older kids, or come with you to the appointment. If someone can help with your baby, you'll be able to pay close attention at your appointment.



Choosing a birth control method.

There are great contraceptive or birth control choices for every lifestyle. Talk with your doctor to find out about your options and make a plan.





I'm a proud mother of three, but after this baby I am done!

That's why I'm using the IUD (intrauterine device). I decided to use the IUD while I was pregnant and my nurse helped me make a plan to get it after my baby was born. I had to go in for an extra appointment, but it was quick and easy. The IUD is safe to use while I am breastfeeding and can keep me from getting pregnant for at least five years. Plus, with three children I don't have time to remember to take a pill or get a shot. If I do change my mind, it is easy to remove.



IUD

QUICK FACTS

Intrauterine device

What is it?

The IUD is a little, T-shaped piece of plastic that is inserted into your uterus.

- It can require some pre-planning with your doctor to make sure you can get the IUD.
- Once it has been inserted, you don't have to do anything except check the string once a month to make sure it is still in place.
- The IUD offers 3 to 10 years of protection, depending on the type.
- The IUD is one of the most effective methods — more than 99% protection.
- It can be removed at any time.

"Could using the IUD hurt my future babies?"

No. The stories on the Internet about babies being born with IUDs implanted in their skin are not true. There are no confirmed cases of a baby being born with an IUD implanted anywhere on them.

Types

- **Hormonal** A plastic IUD that, over time, releases small amounts of the hormone progesterone. Hormonal IUDs (such as Mirena®, Skyla®, Kyleena®, and Liletta®) may make your period lighter and, for some people, it stops completely.
- **Paragard®** A copper IUD that has no hormones and can last for up to 10 years. Your periods may stay the same or become heavier with Paragard®.



"Will taking birth control while I'm breastfeeding affect my milk?"

Birth control will probably not affect your milk, especially if you wait until breastfeeding is going well for you and your baby. You should definitely not start any estrogen-containing birth control until about six weeks after your baby is born to make sure your milk supply is well established. If exclusive breastfeeding is very important to you, make sure to bring that up with your doctor while you are talking about your birth control plan.



I am a single mom and at my house, I am in charge of everything. Now I am taking charge of my birth control.

I talked with my doctor about all of my options and I chose the implant. She told me it was one of the most effective choices and that I wouldn't have to think about birth control for three years! I have so much going on that it will save me time and make sure that I don't end up pregnant by mistake. Right now, my little man keeps me pretty busy, but I feel good knowing that when I meet a grown-up man worth my time, I will be ready.

Implant

QUICK FACTS

What is it?

The implant, or Nexplanon®, is a tiny rod that is inserted under the skin on your upper arm and is almost invisible.

- The implant is one of the most effective methods — more than 99% protection.
- Once inserted, it lasts for up to three years and can be removed easily at any time.
- It is a hormonal method which has progesterone.
- You will likely have menstrual cycle changes with the implant.





Nobody really talked to me about birth control, so it is no big surprise that I got pregnant young.

Now I use the shot. Going to the clinic every three months is worth it to know that I am taking care of myself. Now that my older daughter is a teenager, we go together. I don't like to think about her having sex, but I am definitely not ready for her to get pregnant. Instead of following in my footsteps as a teen mom, she is following my footsteps to the doctor and learning to take care of herself.

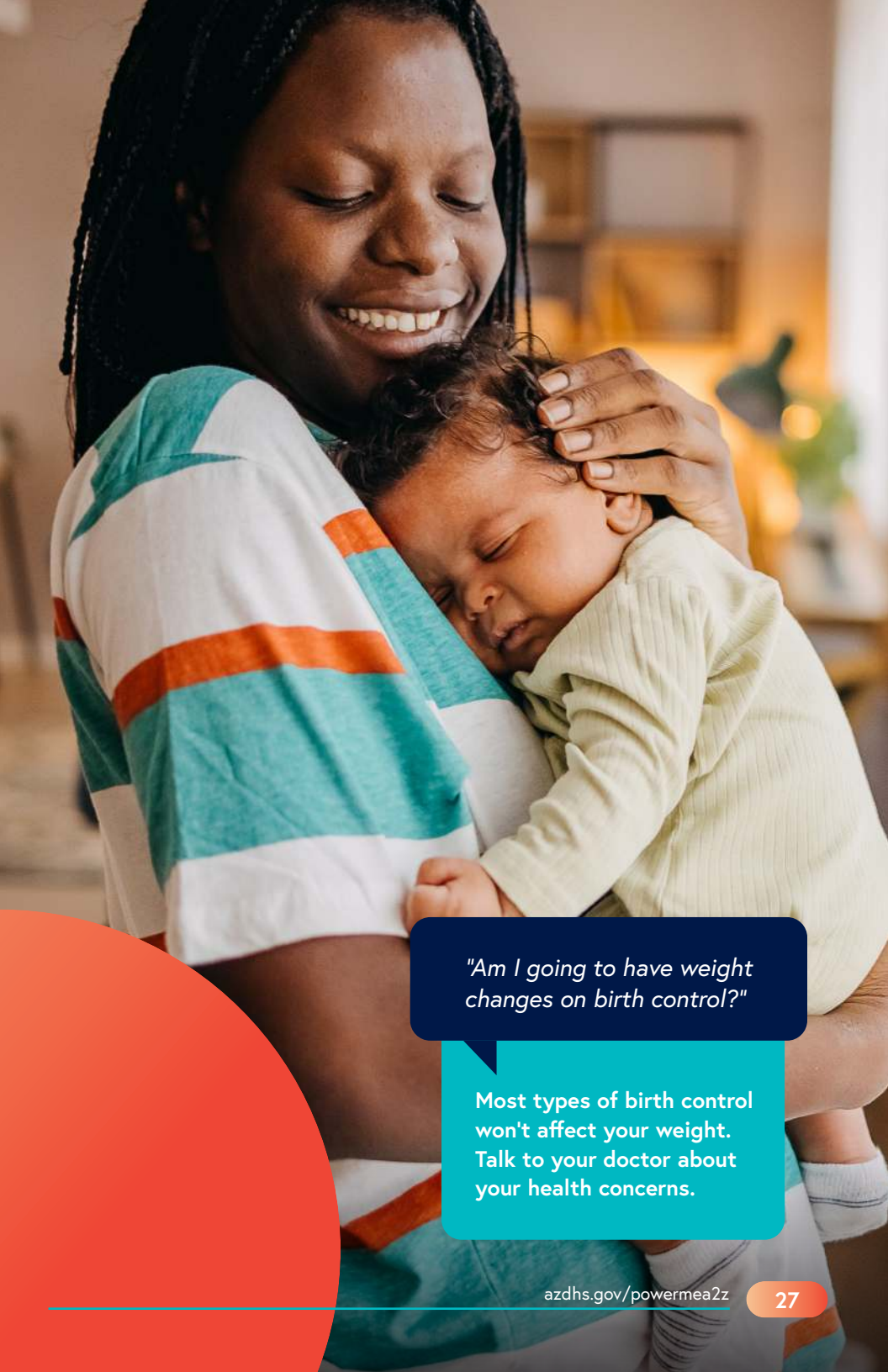
Depo-Provera®

QUICK FACTS

What is it?

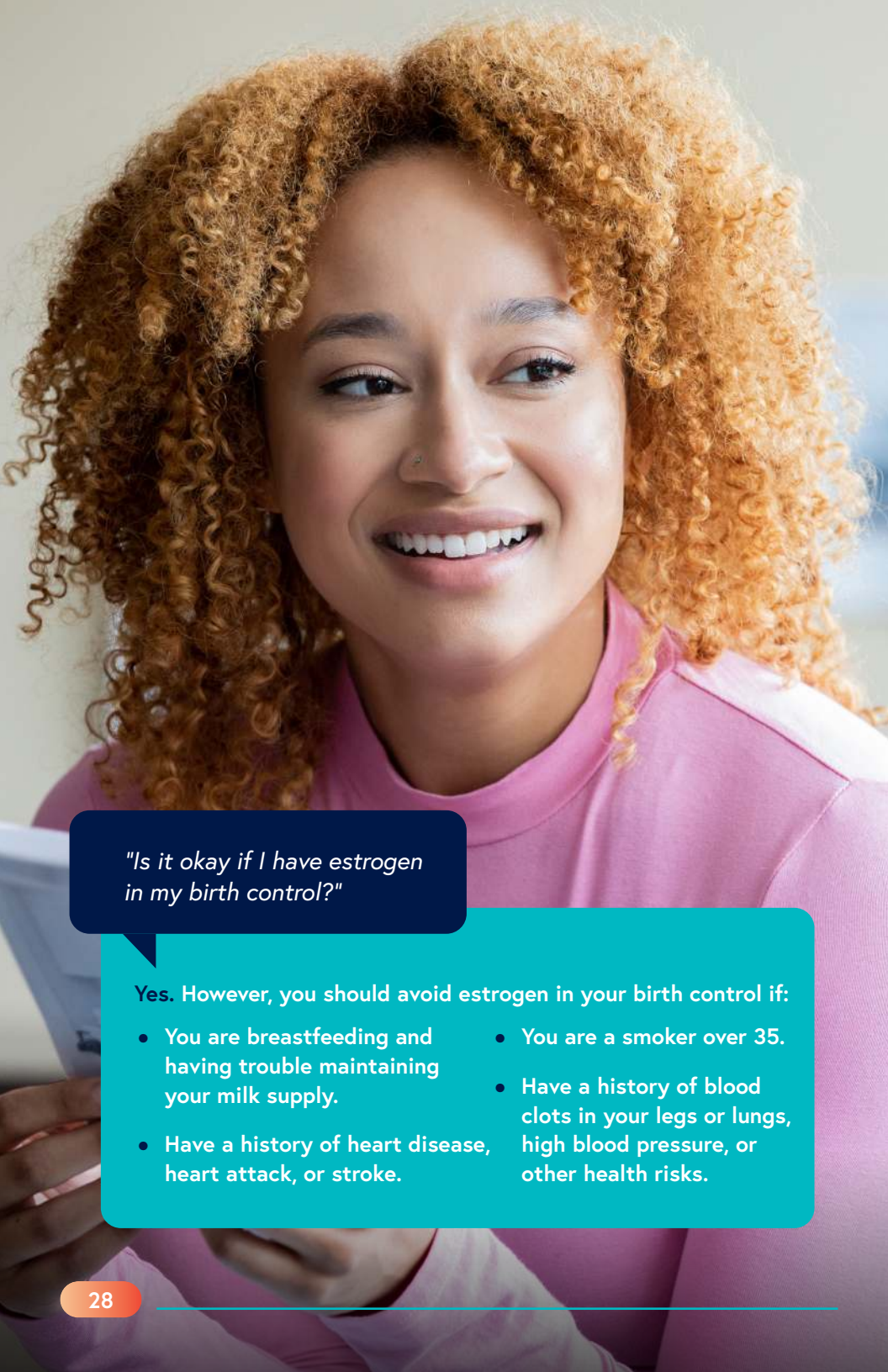
The Depo-Provera® shot, or the 'Depo' shot, is a hormonal method, which uses progesterone, and you get it every three months.

- It is very effective if you get your shot on time. Missed or late shots mean you're not protected.
- Some people report a change to their period (either more bleeding or no period at all) or weight gain while using Depo. Talk to your doctor about your options.



"Am I going to have weight changes on birth control?"

Most types of birth control won't affect your weight. Talk to your doctor about your health concerns.



"Is it okay if I have estrogen in my birth control?"

Yes. However, you should avoid estrogen in your birth control if:

- You are breastfeeding and having trouble maintaining your milk supply.
- Have a history of heart disease, heart attack, or stroke.
- You are a smoker over 35.
- Have a history of blood clots in your legs or lungs, high blood pressure, or other health risks.



I was so excited when I found out I was pregnant the first time. I was really happy to become a parent.

But when I found out that I was pregnant again at my postpartum visit, I was shocked. Don't get me wrong, I love being a parent, but I don't want any more surprises! My partner and I talked about what we are going to do to make sure this doesn't happen to us again. We chose the patch. It is easy to use and every week, when I change it, I feel good knowing that I am protected.

The Patch

QUICK FACTS

What is it?

The patch is a thin piece of plastic, like a bandage, that releases hormones.



- The patch is easy to use and works like the pill.
- You only have to change your patch once a week.
- It is easy to check to be sure that your patch is in place and this can help you feel more confident that you are protected.
- The patch is a hormonal method using both estrogen and progesterone.
- The patch is very effective, as long as it is changed weekly.



We love our two children, and I am having so much fun now that they are a little older.

It is great to be able to ride our bikes to the park after school. They are able to do more things on their own, which makes life at our house easier. I don't want to go back to the days of having a newborn right now, so I use the ring. I am able to insert the ring myself without any problems. With the ring, I don't have to think about my birth control every day.



The Ring

QUICK FACTS

What is it?

The ring is a soft, small band that you insert yourself into your vagina.

- The ring is very effective if used correctly, but you have to remember to change it.
- You keep it in place for 21 days (three weeks) and take it out for seven days so that you can have your monthly period.
- The ring is a hormonal method using both estrogen and progesterone.



I came from a big family, and my partner and I want my daughter to have lots of brothers and sisters.

But I know that it is not good for my body or for my baby if I have children too close together. That's why I use the pill. When I decide that it is time for my family to grow again, it is easy to stop taking the pill. My nurse told me that I could get pregnant again right away. Part of being a good parent is taking care of yourself first.

The Pill

QUICK FACTS

What is it?

The pill is a hormonal method — the most common type has both estrogen and progesterone.

- There is a progestin-only mini-pill for people who breastfeed or who cannot take estrogen.
- You have to take the pill every day at the same time.
- It is very effective when used correctly.
- Worried you'll forget? Look into other options.



"Will it be hard for me to get pregnant again if I use the pill?"

No. **The pill does not make it harder to get pregnant after you stop taking it. You are able to get pregnant shortly after stopping the pill.**

Female sterilization

What is it?

Female sterilization (often called a tubal) is getting your fallopian tubes blocked or removed so you can't get pregnant again.

Right after delivery:

- If you have a Cesarean or C-section delivery, you can get your tubal at the same time. Your tubes might be cut and tied or completely removed. Talk to your doctor about it before your delivery.
- If you have a vaginal delivery, you can get your tubal a day or two later. Your tubes will probably be cut and tied. Talk to your doctor about it before your delivery.

Any other time:

- You can likely have the surgery and go home a few hours later. Your tubes might be clipped, banded, or completely removed. Talk to your doctor if this might be a good choice for you.



Keeping up with our two children is a big job. Making supper, helping with homework, tee-ball practice, and dance keeps me and my partner busy!



Vasectomy

What is it?

A vasectomy is a safe, minor surgery for someone with a penis that takes about 30 minutes in a doctor's office.

- A vasectomy will not change someone's ability to have sex or ejaculate (come); it just prevents sperm from mixing with other fluids.
- Sperm will not fully clear their system until 10 to 20 ejaculations after the procedure, but once the sperm count is zero, it is considered to be a very effective method of birth control. This can take 2 to 4 months.

We couldn't be happier with our little family, and we have decided that we are all done. Since there are no more babies in our future, I wanted to learn about permanent birth control options. My nurse told me that there are great options for couples and that there are programs to help with the cost.

"After having a vasectomy, will I still be able to come?"

Yes. A vasectomy does not change someone's ability to have sex or ejaculate (come). A vasectomy prevents sperm from mixing with other fluids before ejaculation. Without sperm, pregnancy is not possible.



I love my family. I'm making a plan so that I can decide when to bring another little person into our home.

I like to keep things as natural as possible and I want to have another child soon, so I didn't want to use a long-term method of birth control. I have a very regular period, so I knew that I could plan my next pregnancy with my body's natural fertility cycle. Natural birth control helps me feel in tune with my body and my cycle.



Natural method

QUICK FACTS

What is it?

Natural birth control means that you do not use hormonal or barrier methods. You will need to know your fertility cycle, when you will have your period, and other natural ways to avoid pregnancy.

- You must pay close attention to your body to determine when you are most likely to become pregnant.
- You should have a regular menstrual cycle and only one sexual partner.
- You can use products like a fertility chart or Cycle Beads to track when you can have sex without getting pregnant. There are even websites and mobile phone apps that can help track your fertility!
- If you don't think you will keep good track of your period or if you have more than one sexual partner, explore other options.
- The natural method is the least reliable form of birth control.

"What do I need to know to use natural birth control?"

You must learn when you are most likely to become pregnant during your cycle. This will help you know which days are safe or unsafe to have sex.

What's the best birth control choice for me?

There are so many birth control options to choose from. Here are some questions to get you started. Knowing the answers can help you and your doctor work together to come up with the best birth control plan for you.

- Do you want to have more children?
- The recommendation is to wait at least 18 months between giving birth and getting pregnant again.
- If you don't want more children, do you want a permanent birth control method?
- How often do you want to think about your birth control – daily, weekly, monthly or longer?
- Are you good at remembering things or are you forgetful?
- Do you want a lighter period?
- Would you be okay if your periods got lighter, became unpredictable or stayed the same?

Birth control costs

Cost is an important part of making a decision about a birth control plan. Medicaid and most insurance plans will help with or cover the cost of birth control methods. No insurance? There are programs that can help to cover the cost. Take a look at how much each method costs on its own. Some methods may cost more up front, but end up being more affordable over time.

Are you forgetful?

If yes, you can set a reminder on your phone or download an app to remind you of your birth control and appointments.

Compare birth control methods

METHOD	EFFECTIVENESS	STI PROTECTION	DISCREET
IUD	★★★★★	None	★★★★★
Implant	★★★★★	None	★★★★★
Depo Shot	★★★	None	★★★★★
Ring	★★★	None	★★★★★
Patch	★★★	None	★★
Pill	★★★	None	★★
Condoms	★★	★★★★★	★★★★★
Sterilization	★★★★★	None	★★★★★
Natural Birth Control	Depends on method used	None	★★★★★

FIND OUT MORE

- To find out about side effects and learn more about the method of your choice, talk to your doctor or visit sexfyi.org/birth-control.
- These are the costs if you are paying it all out of pocket. Your insurance, Medicaid, and assistance programs should mean that you would never pay this much for your birth control. Ask your doctor to help you think through options if cost is a barrier for you.

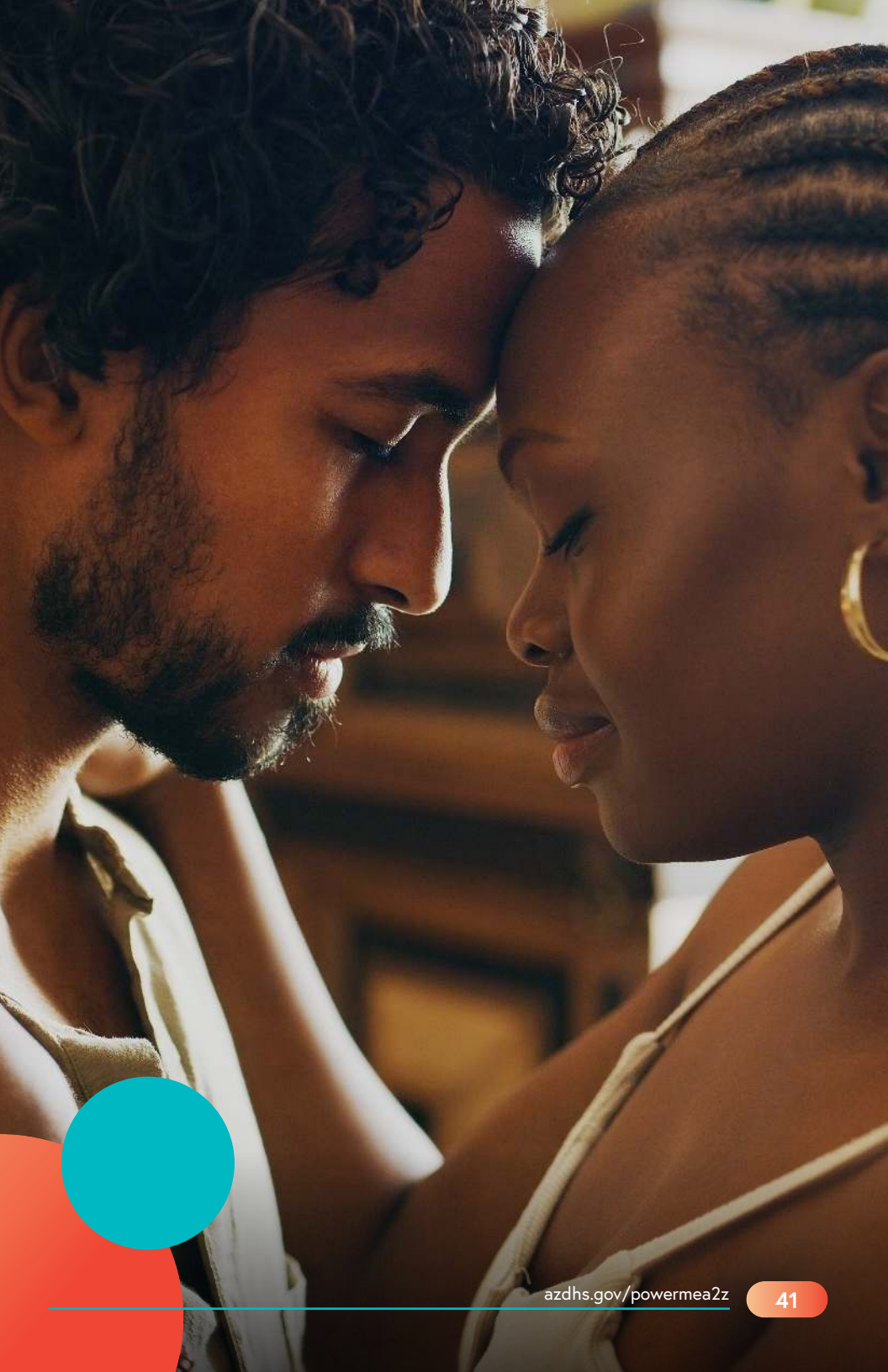
METHOD	COST	HOW LONG WILL IT LAST	COST OVER TIME
IUD	0 – $800 (one time)	3 – 10 Years	Mirena (5 years) – $9 per month/$108 per year Paragard® (10 years) – $6.67 per month/$80 per year
Implant	0 – $800 (one time)	3 Years	$13 per month/$156 per year
Depo Shot	0 – $75 (per shot)	3 Months	$25 per month/$300 per year
Ring	0 – $55 (per month)	1 Month	Up to $55 per month/$660 per year
Patch	0 – $55 (per month)	1 Month	Up to $55 per month/$660 per year
Pill	0 – $25 (per month)	1 Month	Up to $25 per month/$300 per year
Condoms	$1 per condom	Use Once	$1 for each sexual encounter
Vasectomy	0 – $1,000	Permanent	Up to $1000/$8 per month
Emergency Birth Control	0 – $60	Use Once	$0 – $60 per use
Natural Birth Control	$0	As long as you use it – 6 months if relying on breastfeeding	$0

Sex and relationships after a new baby

Remember that you could get pregnant if you are sexually active before your postpartum visit. It is important that you feel comfortable and ready for sex. Talk with your doctor if you have concerns.

Reasons why you or your partner might not be ready:

- Taking care of a new baby is hard work. It is no surprise that many couples feel very tired and this can lower your sex drive.
- Having a baby is a big responsibility. Your partner likely wants to be a good provider for your family. Having a new baby is expensive. Taking care of your new family can be stressful, so sex may not be on your partner's mind.
- New parents are adjusting to their new roles and identities. It may take a bit to see each other as sexual beings and parents.
- Many birthing people have less interest in having sex after giving birth. It is totally normal. You may have vaginal tenderness and dryness after your delivery and that might make sex painful.
- New parents often feel tired because they are taking care of their baby. This can reduce anyone's sex drive.
- Birthing people may want some space after being touched a lot while caring for their baby.
- Many birthing people do not feel as sexy during the postpartum period. Your feelings about your body may change; this post-baby body is new to you.
- Getting used to the role of 'parent' might not mix with feeling sexy at first.
- Baby blues, postpartum depression, and feeling very worried can all lower your interest in sex. Feeling down? Ask your doctor for help.



Tips for talking about sex with your partner

It is normal for anyone to feel differently about sex after the birth of a baby. Don't worry, you can get back on track. Talking as a couple about how you both feel is an important step to getting there. Here are some tips for communication:

- **Let your partner know that you want to talk about your sex life.** Find a time that you both can give it your full attention. It is hard to schedule things when you're a new parent, but making time to talk about this is worth it.
- **Explain your feelings to your partner.** Your feelings are important. Try to use 'I feel' instead of 'You make me feel' when you talk about what's going on with you.
- **Let your partner share their feelings honestly and listen to what they have to say.** Having trust in your relationship is an important part to being comfortable with sex again.
- **Try to talk about it in a neutral place.** Keeping it out of the bedroom can help make the talk less stressful.
- **Work your way back to sex.** It makes sense that after the birth of a child, your sex life might be different. Go slowly, take your time, and make sure that you are both comfortable each step of the way. By not rushing your partner, you are showing them that you care about their feelings and your relationship.

"Can I get pregnant before my period returns?"

Yes. After you have your baby, it's hard to know how quickly your body will be able to get pregnant again. Your cycle could start and you may not know it. People can get pregnant before their period starts again. Some people get pregnant as soon as three weeks after giving birth. This really does happen!



Resources

CDC

cdc.gov/preconception/overview.html

The Centers for Disease Control and Prevention has information about how to be healthy before you become pregnant.

WIC

azwic.gov

The WIC Program in your community supports new parents and children up to the age of five.

Text4Baby.org

Text4Baby.org

Get free texts about your pregnancy and your baby's development.

Support for Parents

MomBaby.org

NewMomHealth.com | SaludMadre.com

psichapters.com

Find information and resources about how to get help and attend support groups for new parents. Also check out azdhs.gov/powermea2z and click Plan Ahead.

For help with emotional or behavioral health challenges, call the Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262)

Suicide Lifeline

Call 988 or reach out to the Maternal Mental Health Hotline at 1-833-TLC-MAMA

Find help in Arizona azahcccs.gov/suicideprevention



powerme A2Z

ARIZONA DEPARTMENT OF HEALTH SERVICES

azdhs.gov/powermea2z