

Contraception Apps and Websites

Resource Digest

This guide was compiled to help identify contraception resources (mobile apps and websites) for use by both clinicians and patients. Resources listed below are for informational purposes only, and inclusion does not imply endorsement by ACOG. Selection criteria included apps and websites that are provided at no cost; have been updated within the past year; and have an educational, non-commercial focus.

This list is not meant to be comprehensive, and exclusion does not reflect the quality of a resource. Clinicians should review resources for appropriateness prior to recommendation, and discretion should be used when downloading or accessing any resource; ACOG is not liable for any technological damage associated with the use of these resources. Resources are subject to change without notice.

Clinician Apps

- **ACOG.** Fountainhead Mobile Solutions.
 - **Android:** <https://play.google.com/store/apps/details?id=vspringboard.acog.activity>
 - **iOS:** <https://itunes.apple.com/us/app/american-congress-obstetricians/id616323665>
- **Contraception.** Centers for Disease Control and Prevention.
 - **Android:** <https://play.google.com/store/apps/details?id=gov.cdc.ondieh.nccdphp.contraception2>
 - **iOS:** <https://itunes.apple.com/us/app/contraception/id595752188>

Patient Apps

- **Bedsider Birth Control Reminders.** Bedsider LLC.
 - **Android:** <https://play.google.com/store/apps/details?id=bedsider.reminders>
 - **iOS:** <https://itunes.apple.com/us/app/bedsider-birth-control-reminders/id1059779792>
- **Spot On Period, Birth Control, & Cycle Tracker.** Planned Parenthood Federation of America.
 - **Android:** <https://play.google.com/store/apps/details?id=com.spotontracker>
 - **iOS:** <https://itunes.apple.com/us/app/spot-on-birth-control-period/id1039914781>

Websites for Clinicians and Patients (may be accessible on mobile devices)

- **Association of Reproductive Health Professionals: Method Match.** Association of Reproductive Health Professionals.
www.arhp.org/methodmatch/
- **Bedsider.** Power to Decide: the campaign to prevent unplanned pregnancy.
www.bedsider.org/methods
- **Beforeplay.org.** Colorado Department of Public Health and Environment, Colorado Initiative to Reduce Unintended Pregnancy, Northern Michigan Public Health Alliance.
www.beforeplay.org



- **Planned Parenthood: My Birth Control.** Planned Parenthood Federation of America Inc.
www.mybirthcontrolapp.org
- **StayTeen.org: Sex Ed.** Power to Decide: the campaign to prevent unplanned pregnancy.
www.stayteen.org/sex-ed/

This resource was last updated on June 6, 2018 (previous versions: April 25, 2018; April 3, 2018; February 7, 2018, January 16, 2018, January 3, 2018; September 28, 2017; June 2, 2017; November 14, 2016; October 26, 2016), please visit the LARC Program website at <http://www.ACOG.org/LARC> for the most updated version. Please email Helen Ryan, LARC Program Associate, at HRyan@ACOG.org with suggestions or comments.

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