

# Thank you for participating in the HER Salt Lake Contraceptive Initiative!

You are one of **11,509** individuals who received contraceptive care through the initiative, and one of **4,425** who took surveys and contributed valuable information to the research team.



The HER Salt Lake Contraceptive Initiative was a partnership between the University of Utah Family Planning Division and Planned Parenthood Association of Utah. HER Salt Lake aimed to increase contraceptive access in Salt Lake County.

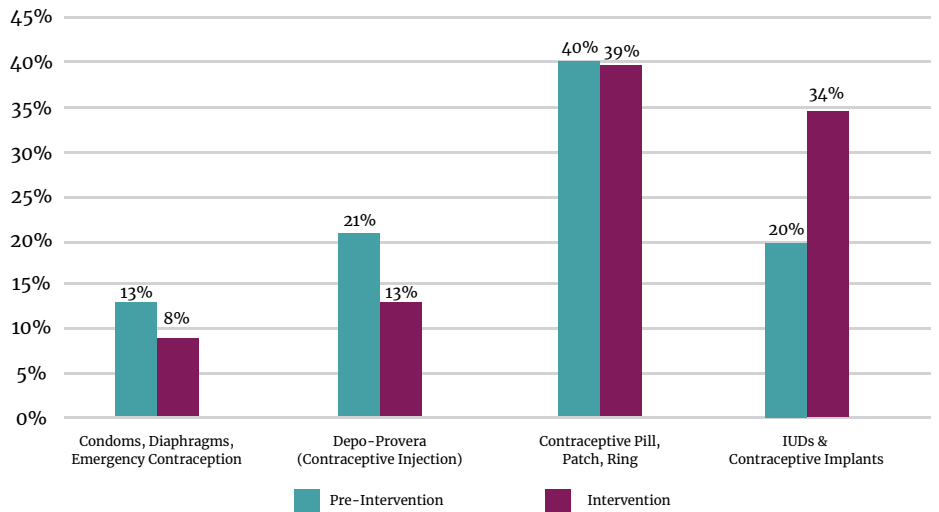
By removing the cost of contraceptive care, HER Salt Lake clients were able to choose the contraceptive methods they wanted - **without cost barriers.**

At their first visit, the majority of HER Salt Lake survey respondents chose oral contraceptives, implants, and IUDs.

Being able to switch methods allowed participants to figure out which method worked best for them.

The chart on the right shows contraceptive method use before and after the intervention.

## Contraceptive Methods Used Before and After the HER Salt Lake Contraceptive Initiative



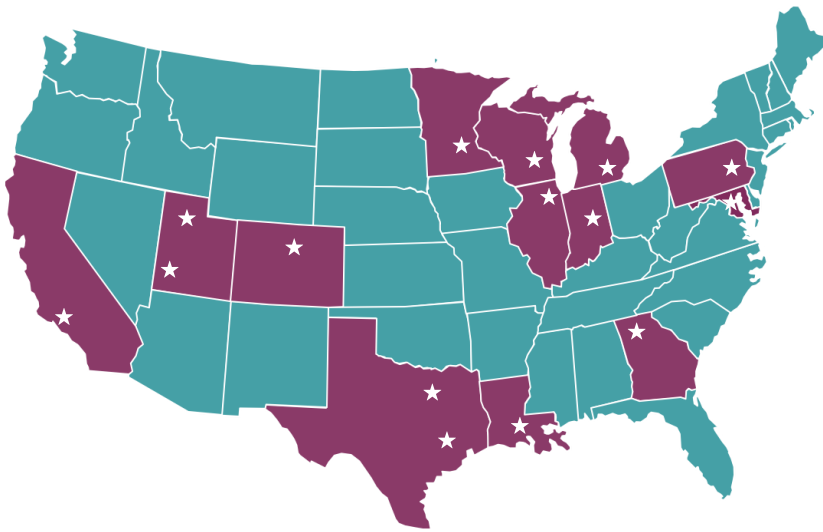
**You're changing the way we think about family planning, and your participation is making care better for individuals across the country!**

Read about HER Salt Lake in the news



Check out all the change you've made at [HERsaltlake.org](https://HERsaltlake.org)

# Your surveys have transformed sexual and reproductive health care across the country and beyond



Study results have been presented at over 18 conferences across the United States and internationally in Spain and Mexico.

As of May 2020, 7 papers have been published about the HER Salt Lake Contraceptive Initiative.

You can read more about HER Salt Lake papers, posters, and presentations [here](#)

## HER Salt Lake Data have been used to influence Utah policy:



Pharmacies can dispense contraceptives

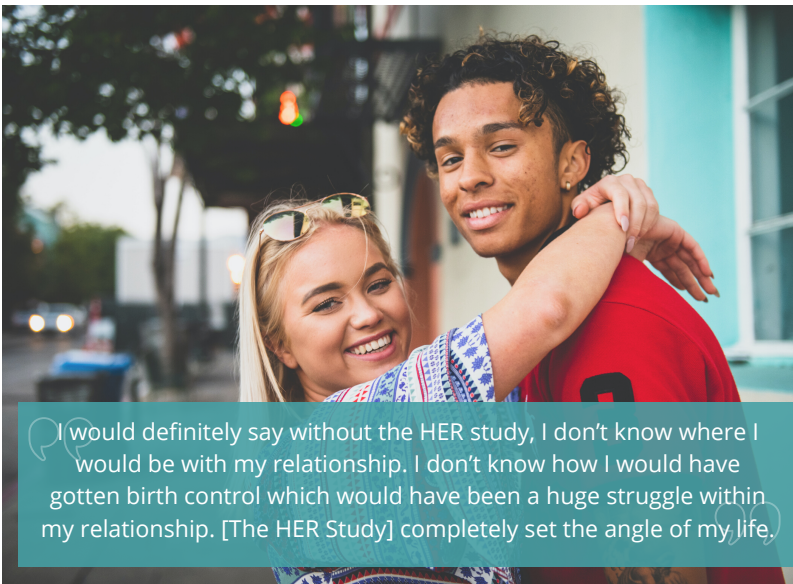


More people can get contraceptives through Medicaid



Implants and IUDs are immediately available postpartum

**Thank you for supporting your community these past three years. We're immensely grateful for your participation.**



I would definitely say without the HER study, I don't know where I would be with my relationship. I don't know how I would have gotten birth control which would have been a huge struggle within my relationship. [The HER Study] completely set the angle of my life.



Honestly, it's been really empowering, because I have felt like I've had more choices.... The HER Salt Lake study helped me to have the freedom to figure out what actually did work for me.



Our team used HER Salt Lake findings to launch Family Planning Elevated, a statewide contraceptive initiative.



Follow us on social media or find out more at [myFPE.org](http://myFPE.org)