



**FREE!**  
PRIVATE & CONVENIENT

Get all the information you need  
about **contraceptive  
methods**  
24 hours a day  
7 days a week!

Simply SMS

**m4RH**  
to **4127**

- Learn about contraceptive methods
- Decide which method is right for you
- Get reproductive health information
- Get clinic information

To access specific contraceptive methods  
simply text the following codes:

- |                             |                                      |
|-----------------------------|--------------------------------------|
| <b>11</b> Implants          | <b>61</b> Emergency<br>contraception |
| <b>21</b> IUCD              | <b>71</b> Condoms                    |
| <b>31</b> Permanent methods | <b>81</b> Natural method             |
| <b>41</b> Injectable        | <b>91</b> LAM                        |
| <b>51</b> Daily pills       | <b>99</b> Clinic locations           |