

# NATURAL FAMILY PLANNING

## TEST YOUR NFP IQ

When you have the Archdiocese of St. Louis health insurance with United Healthcare, you can learn one of the four methods of Natural Family Planning at **100% coverage!** *There is no cost to you! There is no co-pay for NFP follow-ups!*



### Does NFP really work?

Yes. Modern methods of NFP have effectiveness rates as high as 99.5%.

### Is NFP morally acceptable?

Yes. NFP is in complete compliance with moral teachings of the Catholic Church.

### Is NFP safe?

Yes. NFP is 100% natural and organic. NFP works with a woman's body to determine when she is or is not fertile. No harmful chemicals or toxins and no harmful side effects.

### Is there only one type of NFP?

No. There are several methods of NFP taught in the St. Louis area:

- The Billings Ovulation Method (AWARE)
- Marquette Method
- Creighton Model Fertility Care System (CrM FCS)
- The Sympto-thermal Method (CCL)

### Are there health benefits to NFP?

Yes. The NFP chart also serves as the woman's health record. Doctors who are specially trained in NFP use the information on the chart to help *diagnose and treat a variety of woman's health problems* such as Endometriosis, premenstrual syndrome, and infertility! Success rates with the treatment of infertility can be higher than in vitro fertilization!



## WHAT IS NATURAL FAMILY PLANNING (NFP)?

Natural Family Planning (NFP) is a system of understanding a couple's combined fertility through observation of natural changes in the woman's body. Couples may then use this information to achieve or avoid pregnancy naturally, without using drugs, surgery or devices. Couples use this method together, creating good communication between them, which promotes a stronger, healthier relationship. *This is not the old rhythm method. NOT EVEN CLOSE!*

### Looking for more information on NFP?

Archdiocese of St. Louis Office of Natural Family Planning

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