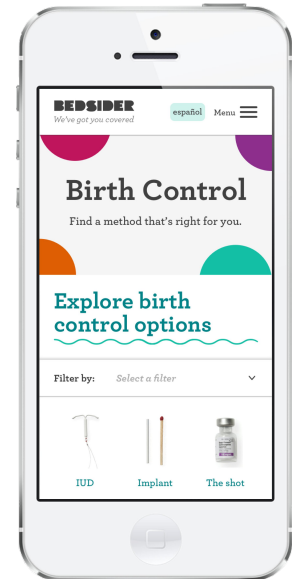


Since its launch in November 2011, [Bedsider](https://Bedsider.org) has supported almost 69.8M users in making autonomous, fully informed choices about their sexual and reproductive health. Bedsider reaches nearly 2.5M unique users each year, with an average of 236K visitors per month, and has become the nation's go-to resource on birth control. With over 334K followers on social media, Bedsider continues to inform, delight, and motivate its users every single day.

Bedsider is a program of [Power to Decide](https://PowerToDecide.org) and was created based on extensive research and a deep understanding of our target audience (people ages 18-29), as well as our in-house expertise in sexual and reproductive health, health behavior change, health education, and health communication. Bedsider is the first digital intervention in the U.S. that has been shown to prevent unplanned pregnancy among young adults, and for over a decade, it has been a trusted resource for delivering contraceptive information in a voice that resonates with its audience.



Here's what Bedsider offers

Method Explorer: An easy, visual way for our users to explore and compare every available birth control method along the factors that matter most to them. We present medically accurate information in an understandable and actionable way, utilizing best practices in health communication and health literacy.

Articles: The latest news, information, and tips about birth control, health care, relationships, and sex.

Frisky Friday emails: A weekly column on sex, life, and love sent straight to subscribers.

Video testimonials: Videos of real people describing their personal experiences with each method.

Bedsider Providers: We help thousands of medical providers keep abreast of the latest in sexual health through [Bedsider Providers](https://Bedsider.org/providers). We also offer educational materials for providers to share with patients.

Clinic finder: The most comprehensive, national database of more than 12K in-person and telehealth sexual and reproductive health care providers.

#AskDrRaegan on social media: Dr. Raegan answers people's questions about their sexual and reproductive health. The series has over 5.5M views across social platforms.