



1776 Massachusetts Ave NW / Suite 200
Washington, DC 20036

202.478.8500
www.bedsider.org

HOW TO SHOW YOUR LOVE FOR BEDSIDER

1. Sign up at bedsider.org. Have fun. Be a part of our community.
2. Embed our effective videos and PSAs on your website. Find them at youtube.com/bedsider.
3. Tell every healthcare provider you know to join our Partner Network. At partners.bedsider.org they'll find all kinds of free materials for patients.
4. Subscribe to Frisky Fridays or Provider Perspectives by text or email. Forward them on. Often.
5. Let everyone know about our [free appointment or birth control reminders](#). Keeping appointments and using a method correctly are so important.
6. Add our Free Birth Control Finder to your website or blog. You can do that at bedsider.org/widgets/cost.
7. [Facebook much?](#) Like us. Post about us. Make our logo your profile pic. A Bedsider-themed status? Why not. How about: *Checking out Bedsider.org and every single birth control method available in the U.S.*
8. [On Twitter we're @Bedsider](#). Follow us. Retweet us. Give us a shout out. Use Bedsider-related hashtags like #dontgiveup. For example: *Have you seen @Bedsider yet? Birth control just got a makeover so you can find a hot new method. #dontgiveup.*
9. Reblog us at bedsider.tumblr.com. This is where a diverse group of contributors post about all things birth control and beyond.
10. Donate. Bedsider is here—and completely free—because of awesome people like you. You can do that at donate.thenationalcampaign.org and select Bedsider in the program list.
11. Got a newsletter or listserv? Email us at questions@bedsider.org and we'll set you up with all sorts of Bedsider content to send out.
12. Include your clinic or practice in our database. Just visit bedsider.org/where_to_get_it and click through to the healthcare center search. That's where you can add your details.
13. Become a Bedsider Insider and complete a series of feats that make you feel healthy, happy, or like a love machine. We'll reward you for it. Handsomely. Get your free Bedsider account to participate. Launching in November.

Ready to be part of our success? Excellent. *Let's get it on.*

we've got you covered