


Appendix B. Website Screenshots

Appendix B: Website Screenshots

The screenshot shows the 'Welcome to the MyNewOptions Research Study' page. The browser address bar shows 'mynewoptions.jwdevbox.com'. The page features a dark sidebar on the left with the MyNewOptions logo (a pink flower) and the text 'MyNewOptions A Women's Health Research Study'. A 'Log In' button is present in the sidebar. The main content area has a large heading 'Welcome to the MyNewOptions Research Study' and a paragraph explaining the study's purpose: 'Are you taking full advantage of your Highmark® health care coverage options for women's health? Did you know that you have no out-of-pocket costs for birth control methods? MyNewOptions is a Penn State College of Medicine research study to see if this website can help women stay informed about their birth control coverage and be more satisfied with their birth control method choices. Women who join the 2-year study just come to this website every 6 months to fill out a confidential survey and review information about their new birth control options. Everything is done online, and women receive a \$25 gift card after each 6 month visit.' Below the text is a video player featuring a woman, identified as 'Cynthia H. Chuang, M.D., M.Sc.', with a video title 'MyNewOptions Research Study'. Under the video, there is a text prompt: 'To learn more about the MyNewOptions study, please enter the invitation Code from the invitation you received from Highmark®'. This is followed by an empty text input field and a 'GET STARTED' button. The footer includes the Penn State Hershey College of Medicine logo and links for 'Privacy Policy' and 'Terms of Use'. The right side of the page has a decorative background with pink and red floral patterns.

The screenshot shows the 'My Account' page. The browser address bar shows 'mynewoptions.jwdevbox.com/account/'. The page features a dark sidebar on the left with the MyNewOptions logo and the text 'MyNewOptions A Women's Health Research Study'. Below the logo, there are menu items: 'THE LIBRARY', 'REPRODUCTIVE PLAN', and 'ACTION PLANS'. At the bottom of the sidebar, there is a link 'Change email and password' and a 'Log Out' button. The main content area has a large heading 'My Account' and a form for account management. The form includes an 'Email' field with the value 'dvelott@psu.edu', a 'Password' section with two input fields labeled 'Enter Password' and 'Confirm Password', and an 'UPDATE' button. Below the form, there is a list of links: 'Privacy Policy', 'Terms of Use', 'Highmark Agreement Form', 'Consent Form', and 'Eligibility Criteria'. The footer includes the Penn State Hershey College of Medicine logo. The right side of the page has a decorative background with pink and red floral patterns.

mynewoptions.jwvbox.com/library/aca/



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The Affordable Care Act and Birth Control

The Affordable Care Act (ACA for short, a.k.a. ObamaCare) was signed into law in 2010. The ACA is making many changes to healthcare that take effect between 2010 and 2020.

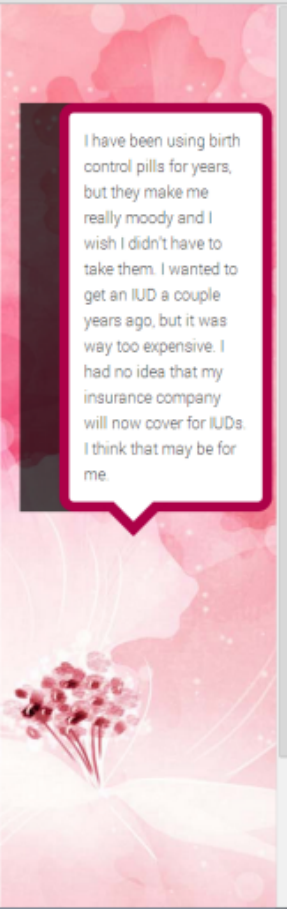
One provision of the ACA requires that insurance companies cover all birth control methods that have been approved by the Food and Drug Administration (FDA) without any out-of-pocket costs (no copays and no deductible payments). This provision took effect in 2013.

This benefit of the ACA is very exciting, because it opens up new options to you for birth control. Many women choose their birth control method because it is what is affordable. The MyNewOptions project wants to help women like you to be aware that they have new options for birth control so they can pick the method best suited for them without worrying about cost.

Things to know:

- If you get your health insurance through a religious organization, they may be exempt from this provision and you may not have this health insurance benefit.
- Some older insurance plans have a couple of years before they have to follow the new rules. If you are still paying for your birth control, you can call the number on the back of your insurance card to see if you have one of these "grandfathered" plans.
- Insurance companies are required to cover all methods of birth control, but not all brands of birth control. For example, birth control pills come in many brands. Your insurance company may only cover generic brands. If you are still getting charged a co-pay for your birth control prescription, ask the pharmacist if there is a different brand available that will be no direct charge to you. The pharmacist can then check with your health care provider to make sure it is okay to make the switch.
- If you are being charged out-of-pocket costs for your FDA-approved birth control method, contact your health insurance company by calling the number on the back of


I have been using birth control pills for years, but they make me really moody and I wish I didn't have to take them. I wanted to get an IUD a couple years ago, but it was way too expensive. I had no idea that my insurance company will now cover for IUDs. I think that may be for me.



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2:12 PM
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Do you want Google Chrome to save your password? Save password Never for this site



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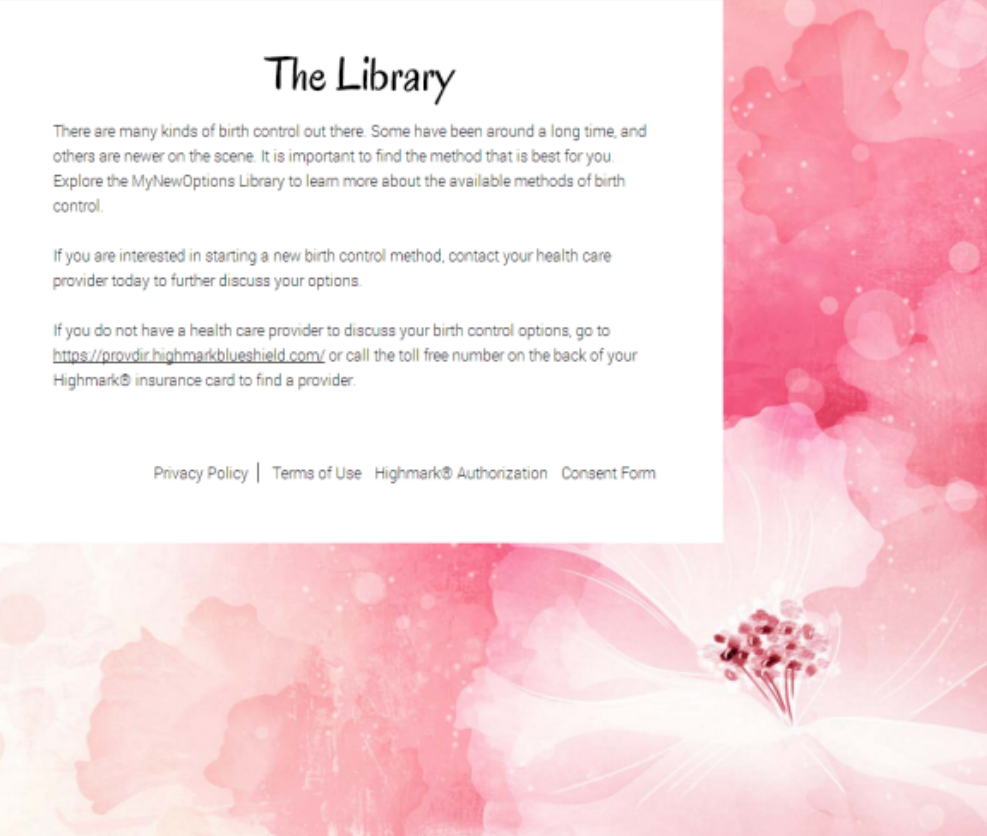
The Library

There are many kinds of birth control out there. Some have been around a long time, and others are newer on the scene. It is important to find the method that is best for you. Explore the MyNewOptions Library to learn more about the available methods of birth control.

If you are interested in starting a new birth control method, contact your health care provider today to further discuss your options.

If you do not have a health care provider to discuss your birth control options, go to <https://providir.highmarkblueshield.com/> or call the toll free number on the back of your Highmark® insurance card to find a provider.

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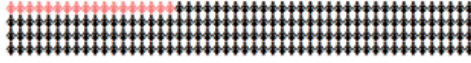
Birth Control Pills

What are birth control pills?

Birth control pills are also called "oral contraceptives" or simply "the pill." They are small pills taken at the same time every day. Most pills contain 2 hormones (estrogen and progestin) that work by preventing eggs from being released from the ovaries. The pill also causes the cervical mucus to thicken so it is hard for the sperm to get into the uterus. There are many types of birth control pills available, and your health care provider can help you find one suitable for you.

How good is the pill at preventing pregnancy?

Birth control pills are mostly effective at preventing pregnancy. **For every 100 typical women who use birth control pills, 9 of them will get pregnant each year.** Pregnancies occur when the pills are not taken correctly (they are taken late or forgotten).



Birth control methods that are more effective at preventing pregnancy than birth control pills are the IUD, the contraceptive implant, and sterilization.

Are pills hard to use?

While taking birth control pills can lead to pregnancy. To be as effective as possible, you must take the pill at the same time every day. Missed or late pills are not a good method for birth control. There are tricks women use to help remember, such as leaving the pill pack next to a smartphone application for the



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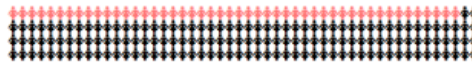
Natural Family Planning (Fertility Awareness-based Methods)

What is natural family planning?

Natural family planning requires keeping track of your body's signs to know when you are likely to be ovulating and then not have unprotected sex on days you are likely to get pregnant. There are different ways to predict ovulation for natural family planning, including tracking the days of your menstrual cycle, monitoring your cervical mucus, and tracking your body temperature.

How good is natural family planning at preventing pregnancy?

Natural family planning is only somewhat effective at preventing pregnancy. **For every 100 typical women who use natural family planning for birth control, 12-24 of them will get pregnant each year.** Pregnancies can occur if a woman is unable to accurately predict her fertile days, or if she is unable to not have unprotected sex during her fertile days.



Many birth control methods are more effective than natural family planning at preventing pregnancy, including extremely effective methods (sterilization, contraceptive implants,

the ring, the diaphragm, and the cervical cap).

requires you to monitor your body temperature, cervical mucus, and/or basal body



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IUD (Mirena®, ParaGard®, Skyla®)

What is an IUD?

An intrauterine device (IUD) is a small, T-shaped device that is inserted into the uterus to prevent pregnancy. There are 2 hormone-containing IUDs, one that lasts up to 5 years (Mirena®) and one that lasts up to 3 years (Skyla®). There is one IUD that has no hormones and is made of copper instead, and last up to 10 years (ParaGard®).

How good is an IUD at preventing pregnancy?

An IUD is extremely effective at preventing pregnancy. **For every 100 typical women who use an IUD for birth control, less than 1 of them will get pregnant.** An IUD is greater than 99% effective at preventing pregnancy.



An IUD is as effective at preventing pregnancy as the contraceptive implant and sterilization.

Is an IUD hard to use?

An IUD is very easy to use because once it is inserted, you do not have to do anything else and your birth control is taken care of for 3 to 10 years (depending on which IUD you have). It does not interrupt the heat of the moment like barrier methods.

The IUD has strings that hang down from the cervix and remain inside your vaginal canal. Your partner may be able to feel the strings, but your doctor can always trim the strings shorter, and they usually soften and curl up around the cervix after a month or so.

What problems can occur when using an IUD?





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What is a Reproductive Plan?

A Reproductive Plan is a tool that women can use to make a plan for having or not having children in the future. Making a Reproductive Plan may help you have the number of children that you want and avoid having surprise pregnancies.

Make My Reproductive Plan

How many children do I have now?

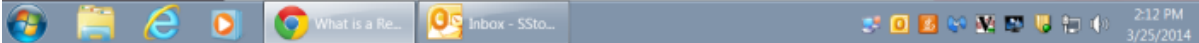
How many more children do I want in the future?

Does my partner agree with my decision about if and when I want to have children in the future?

What am I doing now to prevent getting pregnant by accident?

Check all that apply

- I am not having sex
- Withdrawal (pulling out before ejaculation)
- Natural family planning (rhythm method)
- Spermicidal foam, jelly, or cream
- Diaphragm or cervical cap
- Birth control sponge
- Condoms (male or female)



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Other things that may affect my Reproductive Plan

There may be other things going on in your life that could change how you feel about your Reproductive Plan. Think about how your life may change in the next 5 years.

What will my romantic relationship be like in 5 years?

- I will be with my current partner
- I will be with a new partner
- I may not be in a romantic relationship
- I am not sure

What about school in the next 5 years?

- I am already done with school
- I will still be in school
- I will be going back to school
- I am not sure

What about job or career in the next 5 years?

- I will not be working at a job
- I will be working at my current job
- I will be changing jobs
- I am not sure



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Action Plans

Please Select the Action Plan You Would Like to Explore

- Choosing a Birth Control Method
- Birth Control Pills
- IUD (Intrauterine device)
- Contraceptive Implant
- Male Condoms
- Depo-Provera Injection
- Birth Control Ring
- Diaphragm / Cervical Cap
- Female Condoms
- Birth Control Sponge
- Natural Family Planning (Rhythm Method)
- Withdrawal (Pulling Out)

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My Birth Control Action Plan

Sometimes problems come up that make it hard to start using birth control. Let's think about these problems and make a plan for what you will do if any of those problems happen to you. That way, you will be ready for action if any of these problems actually occur. In this section, make a plan for the following problems (un-check if the problem does not apply to you).

Possible Problems with Starting Birth Control

- I am not sure what birth control method to choose.
- My partner doesn't want to use birth control.
- I am embarrassed to talk with my health care provider about birth control.
- I do not have a health care provider that I can discuss birth control with.


NEXT

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Whenever you have sex without any birth control method, there is a chance you could get pregnant. Depending on what part of your cycle it is, the risk of getting pregnant may be as high as 1 in 4.

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My Birth Control Pill Action Plan

When using birth control pills, the first step is making sure I take the pill at the same time every day and making sure that I do not run out of pills. Here is my plan so I am always prepared:

When do I take the pill?

- Right when I wake up
- At bedtime
- Some other time

Where do I keep my pills?

- At my bedside
- In my medicine cabinet
- In my purse
- Somewhere else

Tip: Always keep your pills in the same place, so you always know where they are. For example, keep them with your toothbrush and always take them when you brush your teeth in the morning. Or keep them at your bedside and always take them when you wake up or go to bed. Or keep them in your purse, so they are always nearby.


How do I remember to take the birth control pill at the same time every day?

Tip: Set a daily alarm reminder on your cell phone to take your pill. Or go to <http://bedsider.org/reminders> where you can have text messages sent to you to remind you to take your pill daily.

What will I do to be sure I have my birth control pills with me if I am away from home?

Missing pills increases the risk of accidentally getting pregnant. It is a good idea to have a supply of condoms on hand in case of missed pills.

2:20 PM 3/25/2014



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Sometimes problems come up that make it hard to use birth control pills perfectly. Possible problems with birth control pills are listed here. In this section, you will make a plan for what you will do if any of these problems happen to you.

Possible Problems with Birth Control Pills
(uncheck if problem does not apply to you)


- I miss a pill.
- I miss two or more pills.
- I miss two or more pills and have sex without using a backup method (like condoms).
- I run out of pills.
- I am away from home and forget to bring my pills.
- I get a side effect from the pill.

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2:22 PM 3/25/2014



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What will I do if I miss two or more pills?

- I will take the last pill I missed right away, which means I will take 2 pills in 1 day. Then I will take the rest of the pack as usual. I will not be well protected against pregnancy, so I will not have sex or I will use a backup method (like condoms) for 7 days.
- I will put a daily alarm on my cellphone to remind me to take the pill. There are also smartphone apps (e.g., myPill®Reminder) to help me remember to take the pill.
- I will talk with my health care provider about switching to another birth control method, but will not stop using birth control pills until I am using a new method.
- I don't want to face this situation at all. I want to switch methods now.
- I will do something else.

What difficulties could prevent me from carrying out my plan, and how will I deal with them?


PREVIOUS NEXT

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Missing pills increases the risk of accidentally getting pregnant. It is a good idea to have a supply of condoms on hand in case of missed pills.


Example Plan

I hope I never forget to take my pill, but I know it can happen. I am going to talk with my husband so he understands that if this happens, we would need to use condoms for a week. The only way this will work is if we have condoms on hand at home, so I will go buy some just in case.



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What will I do if I am away from home and forget to bring my pills?

- I will contact the nearest pharmacy and ask them to contact my home pharmacy. If I have refills they can dispense me a pack of pills. If not, they will call my health care provider for a refill authorization. Some health plans will cover a courtesy lost prescription, but I may need to pay out of pocket.
- I will not have sex or I will use a backup method (like condoms) for now. When I return home, I will follow the previous plan for missed pills. I will continue using condoms until I have been back on the pills for 7 days.
- I will talk with my health care provider about switching to another birth control method, but will not stop using birth control pills until I am using a new method.
- I don't want to face this situation at all. I want to switch methods now.
- I will do something else.

What difficulties could prevent me from carrying out my plan, and how will I deal with them?


PREVIOUS NEXT

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Missing pills increases the risk of accidentally getting pregnant. It is a good idea to have a supply of condoms on hand in case of missed pills.

Example Plan

Last month we went on a family vacation, and I forgot to bring my pills with me. Next time I am going to put the pill on my packing list so that doesn't happen again!



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2:24 PM
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