

# MyDecision/ MiDecisión

Help share this  
free and  
evidence-based  
tool using these  
resources



mydecision@pitt.edu  
Updated January, 2026

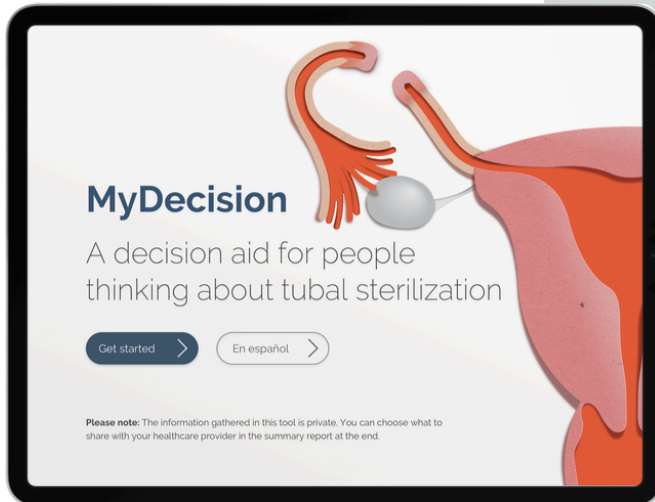
# Overview

**MyDecision/MiDecisión is a web-based decision aid designed to help those considering tubal sterilization make informed, value-concordant birth control decisions.**

The decision aid was developed by researchers at the University of Pittsburgh, University of California San Francisco, and University of Tennessee. It's informed by multidisciplinary stakeholders and those with lived experience and has been clinically tested in a randomized controlled trial.

This toolkit was developed for partners and other stakeholders to help connect patients with MyDecision/MiDecisión in West Virginia.

# MYDECISION/MIDECISIÓN



## What is it?

A free novel patient-facing decision aid to support evidence-based and value-concordant decision making about tubal sterilization among Medicaid recipients

## Why?

Inadequate pre-sterilization counseling is linked with post-sterilization regret. Prior research has shown that among women who underwent tubal sterilization:



Nearly half incorrectly believed that sterilization reversal could easily restore fertility.



Over a third incorrectly believed the fallopian tubes will grow back together or unblock themselves.



Over a quarter didn't know there are equally effective but reversible contraceptive methods.

## Does it work?

This decision aid significantly increases tubal sterilization knowledge and significantly decreases decision conflict.<sup>1</sup>

MyDecision/MiDecisión was tested in a randomized controlled trial with 350 pregnant people in Pennsylvania, California, and Tennessee who were considering tubal sterilization and have Medicaid insurance.

## Is there a cost?

No. This tool and its non-commercial materials are free.

<sup>1</sup> Borrero S, Mosley EA, Wu M, et al. A Decision Aid to Support Tubal Sterilization Decision-Making Among Pregnant Women: The MyDecision/MiDecisión Randomized Clinical Trial. *JAMA Netw Open*. 2024;7(3):e242215. Published 2024 Mar 4. doi:10.1001/jamanetworkopen.2024.2215

# Your patients will be presented with 4 self-paced modules.



Those who use the tool will receive comprehensive information in multiple formats, giving them the opportunity to build confidence in their decision while strengthening patient-provider communication.

## 1. Your patients will get all of the facts.

In the “Get the Facts” section, users are presented with information about pregnancy and tubal sterilization in the form of videos, text summaries, and knowledge check questions. Common misconceptions about permanence, effectiveness, and difficulty of reversal are also addressed in this section.

## 2. Your patients will know their options.

The “Know Your Options” section reviews the different forms of contraception and includes an interactive component that allows users to compare methods based on a range of factors.

## 3. Your patients can reflect on what they learned.

The “Take Time to Reflect” section gives users the space to reflect on their decision making by using a series of guiding questions.

## 4. Your patients can make a decision.

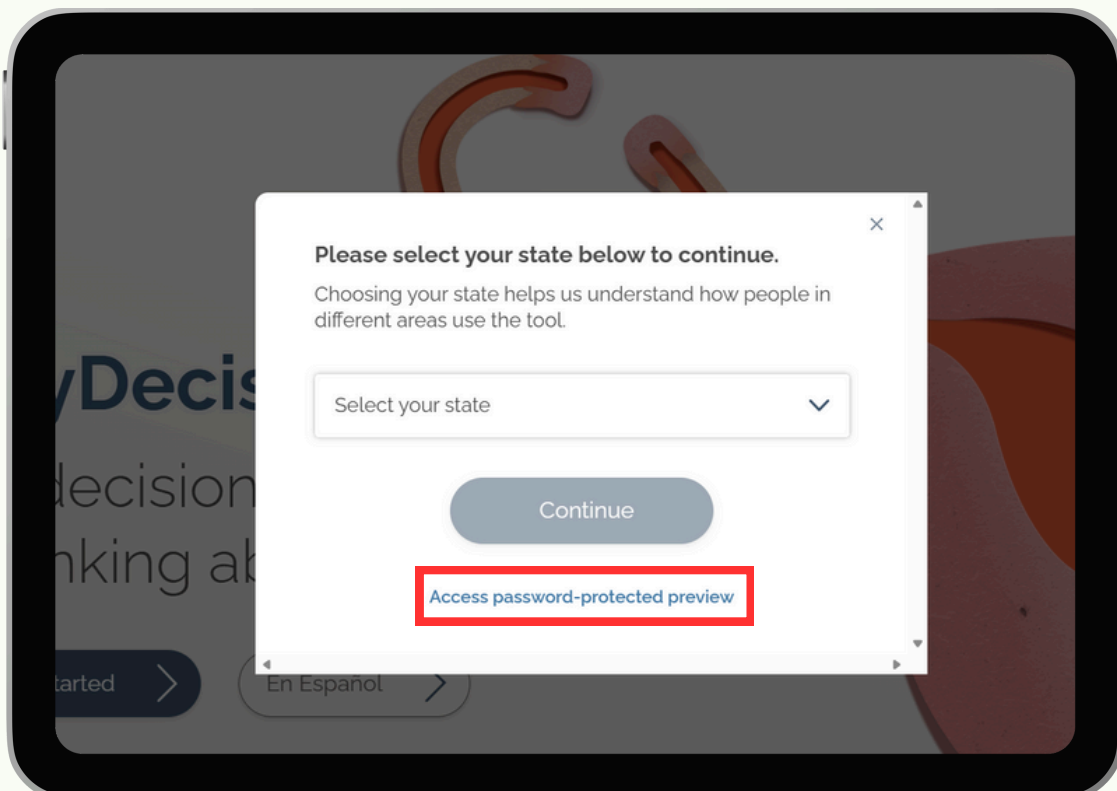
The “Your Decision” section helps users determine if they are ready to make a decision, identifies what additional steps are needed, and provides a summary report that they can share with their provider if desired.

# Interested in previewing MyDecision/MiDecisión?

To learn more about the tool and its components visit:

<https://reprotheequity.com/app/mydecision/>

1. Click on **“Get Started”**
2. Click on **“Access password-protected preview”**
3. Enter the password: **preview123**



# Overview of Resources

On the following pages, we have promotional materials that we can **print and deliver to your location**. The request form for printed materials can be found on page 11. All materials are available in both English and Spanish.

These include:

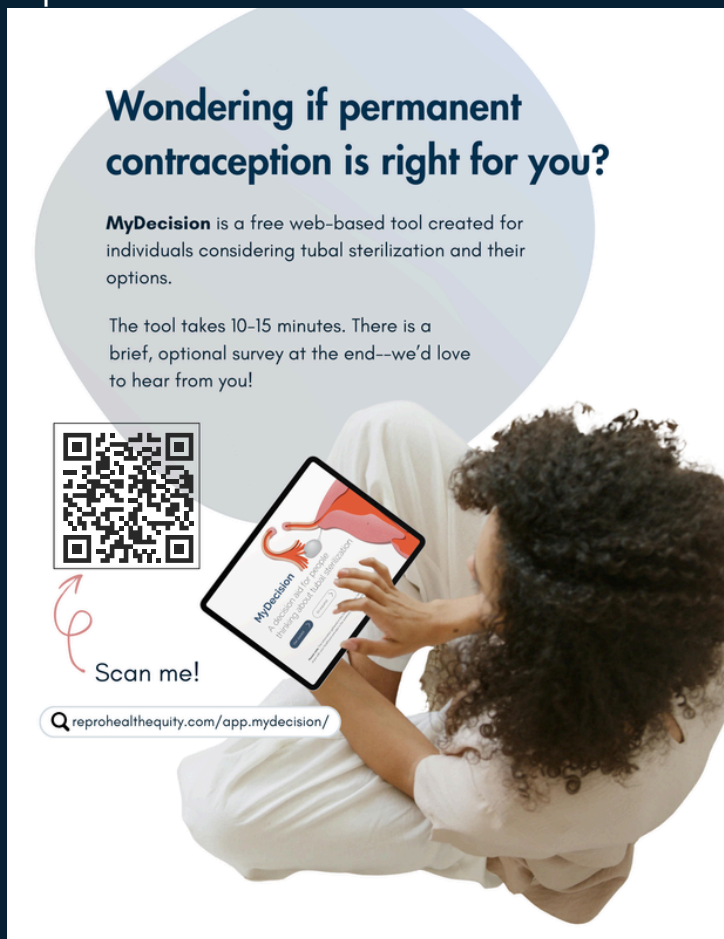
- Flyers (8.5 x 11 in)
- Business cards (3.5 x 2 in)
- Mini flyers/postcards (4 x 6 in)
- Waiting room TV advertisements (1920 x 1080 px)
- Rack cards (4 x 9 in)

Additionally, you can **download and share** these materials instantly.

For those who are providing care to patients whose access to the internet may be limited, you can **request a device be loaned** to your facility for the duration of the project. This request form can be found on page 12.

# Flyers

## Option #1



These flyers can be posted on walls/bulletins of clinics, handed out to patients, or attached to outreach emails. Patients can access the decision aid by simply scanning the QR code.

These can be printed on letter size paper (8.5 x 11 inches).

**Download the flyers**

## Option #2 (same text as #1)



# Business Cards

## Front of card option #1



Small enough to fit in most pockets, these “business cards” are ideal for promoting MyDecision/MiDecisión in a way that sticks with people.

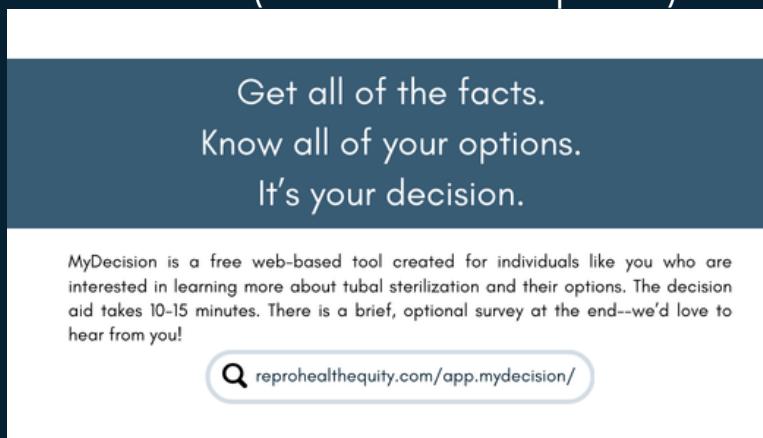
## Front of card option #2



These should be printed in color on cardstock that's 3.5 x 2 inches.

[Download the business cards](#)

## Back of card (same for both options)



# Mini Flyers/Postcards

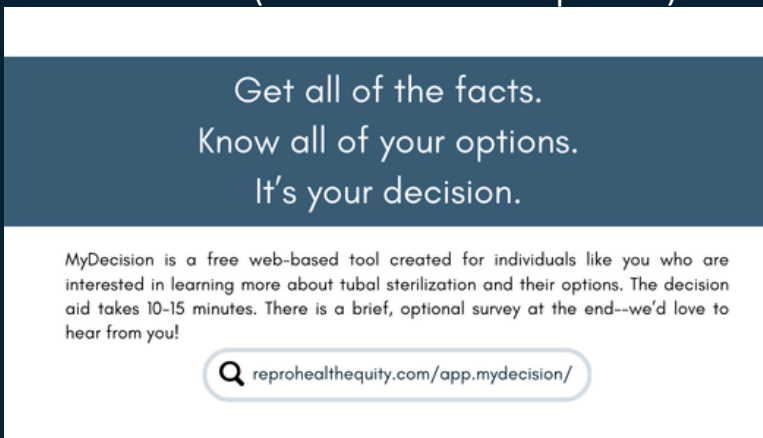
Front of card option #1



Front of card option #2



Back of card (same for both options)



These are the same design as the "business cards," except they're scaled to fit the dimensions of a postcard. They are still small enough for dynamic promotion of MyDecision/MiDecisión compared to traditional flyers.

These should be printed in color on cardstock that's 4 x 6 inches.

**Download the mini flyers/postcards**


# Waiting Room TV Advertisement

## Option #1

**Wondering if permanent contraception is right for you?**

**MyDecision** is a free web-based tool created for individuals considering tubal sterilization and their options.

The tool takes 10-15 minutes. There is a brief, optional survey at the end--we'd love to hear from you!



Scan me!


[reprohealthequity.com/app.mydecision/](https://reprohealthequity.com/app.mydecision/)

## Option #2

**Wondering if permanent contraception is right for you?**

**MyDecision** is a free web-based tool created for individuals considering tubal sterilization and their options.

The tool takes 10-15 minutes. There is a brief, optional survey at the end--we'd love to hear from you!



Scan me!

[reprohealthequity.com/app.mydecision/](https://reprohealthequity.com/app.mydecision/)

These materials are intended for TV screens displayed in clinic waiting rooms. They are the standard file size for digital displays (1920 x 1080 pixels), and only need to be downloaded for digital use.

[Download Option #1 \(English\)](#)

[Download Option #2 \(English\)](#)

[Download Option #1 \(Spanish\)](#)

[Download Option #2 \(Spanish\)](#)

# Rack Cards

Front side

**IS PERMANENT CONTRACEPTION RIGHT FOR ME?**

**WHAT ARE THE "TUBES"?**

There are two fallopian tubes, one on each side of the uterus. They carry eggs from the ovaries to the uterus. Pregnancy begins when sperm meets and fertilizes an egg in one of these tubes. After fertilization, the egg travels to the uterus.

**WHAT IS STERILIZATION?**

Tubal sterilization, also called "getting your tubes tied", is when a doctor closes or cuts the fallopian tubes so eggs can't travel from the ovaries to the uterus.

**IS IT PERMANENT?**

YES. The procedure is permanent. You should have all the facts before you decide whether tubal sterilization is right for you.

**HOW DO I KNOW IF IT IS RIGHT FOR ME?**

If you are certain that you **do not** want to have a child in the future, you should talk with your doctor about whether tubal sterilization is right for you.

**WHAT IF I NEED MORE INFORMATION?**

You can use the **MyDecision** tool to get the information you need. Learn more on the back of this card. →

**MyDecision**  
A decision aid for people thinking about tubal sterilization

They can be printed on paper sized 4 x 9 inches.

[Download the rack cards](#)

These rack cards contain educational information about tubal sterilization in addition to promoting the tool. They can be displayed at a clinic front desk or handed to patients.

Back side

**MyDecision**

This decision aid helps you learn about tubal sterilization. You can read about the procedure or watch videos explaining how it works. You can even build a chart to compare the birth control options you like most. At the end, you will get a personalized summary that you can share with your provider.

**SCAN THE QR CODE OR VISIT**

[HTTPS://REPROHEALTHEQUITY.COM/APP/MYDECIS](https://reprohealthequity.com/app/mydecis)

ION/

CONVERGE

# Need assistance with disseminating materials? We've got you covered!

## Request for printing

Our team is happy to print and ship materials to your organization. Please use the secure Qualtrics link below to provide the following information so we can meet your printing needs.

1. Your site name and a good shipping address (as well as any additional shipping information that may be helpful to know)
2. Which materials you would like
3. How many of each type of material

Please allow 1-2 weeks after completing the survey to receive your printed materials.

[Request printed materials here](#)

# Is internet access a concern for your patient population?

## We've got you covered there, too!

### Request a loaner device

If internet access is a barrier for patients in your service areas, we are hoping to address this barrier by providing organizations with a device that can be used to access the tool in-person on-site.

If a device would help to address this need for your patient population, please use the secure Qualtrics link below to provide the name and address of a person who can be the point of contact to assist our team in coordinating this option.

[Request a loaner device here](#)

# THANK YOU, PARTNERS!

If you have any questions, or would like alternative resources, please contact us at **[mydecision@pitt.edu](mailto:mydecision@pitt.edu)**



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Pittsburgh®