BEHIND THE CURVE Only about half of insurance companies cover newer birth control options like the NuvaRing, reports the Association of Reproductive Health Professionals in Washington, D.C. Using a contraceptive that fits your lifestyle means you’re less likely to get pregnant. If you have to pay out of pocket, enroll in a flexible-spending account to help defray the cost.

IS YOUR SPOUSE SNEEZING? Adding an extra box of tissues to your grocery list may not be a bad idea. Your risk of developing hay fever more than doubles if your partner has it; suggests the journal Allergy. If he's suffering, you're probably being exposed to allergens that may set off sniffles for you, too. You can't control the air outside, but a HEPA filter may help you breathe easy at home.

SNOOZE ALERT What time you exercise, how you unwind, even how clean your sheets are can affect your sleep. Take the quiz at www.bettersleep.org to see if changing your habits could lead to calmer nights.

DOWNSIZING BENEFIT Women who have had a breast reduction may have a lower than normal risk for breast cancer, reveals a study in the journal Plastic and Reconstructive Surgery. During the procedure, doctors remove tissue particularly prone to malignancy. Get more info from the American Society of Plastic Surgeons in Arlington Heights, Illinois, at www.plasticsurgery.org.

CONTROL ISSUES Only about a third of women drivers feel very confident of their ability to avoid an obstacle in the road, according to a survey by Hyundai Motor America in Fountain Valley, California. Steer at the 10- and 2-o'clock positions for quick response time, and take a brushup defensive-driving lesson to refresh your swerving skills.

FERTILE FEELINGS Those undergoing in vitro fertilization have good reason to keep stress in check. Women who were very concerned about missing work for treatments, for instance, had 30 percent fewer of their eggs fertilized, notes preliminary research in the journal Fertility and Sterility. Stress hormones appear to interfere with various stages of reproduction, researchers say. A good strategy: Talk to IVF veterans, who can help you quell any natural nervousness.

INTIMATE AFFAIRS Past sexual abuse doesn't have to keep you from getting close to a partner. Healing Sex, a new DVD from S.I.R. Productions ($43; www.healingsex.org), helps you start working through the hurt and shows that it's possible to enjoy sex again. For extra support, call the National Sexual Assault Hotline at 800-656-4673 to be connected to a counselor near you.