

March 12, 2017

Dear Chairman Stedman, Vice Chair Giessel, and members of the Senate Health and Social Services Committee,

I live in Anchorage, Senate District L, I represent myself, and I am writing to you to express my support for SB 53, "12 Months of Birth Control." By far, prescription birth control, when used as directed, is the most effective method of pregnancy prevention. I spent over 20 years on prescription birth control, which means I've gone to the doctor 80 times in those 20 years to get my prescription refilled. This is an unnecessary time sink and financial burden born only by women.

I am thrilled to be married to a man who was willing to get a vasectomy after our marriage. Our insurance covered his vasectomy. And our insurance would have covered a pregnancy. But our insurance would not have allowed more than 3 months-worth of birth control.

I have been on two long-term medications, one for over 20 years and another for over 10 years. As long as I see my doctor once per year, I can renew my prescriptions for up to one year. I see no reason why birth control should be looked upon any differently.

I ask the committee to give women, men and families the gifts of time, money, and planned pregnancies by supporting 12-months of birth control with only one doctor's visit each year.

Thank you for considering my personal experience in your decision.

Sincerely,



Cathy Girard  
3841 Chiniak Bay Drive  
Anchorage, AK 99515-2230  
[cgirard@gci.net](mailto:cgirard@gci.net)  
907-538-5232

## Jody Simpson

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**From:** Traci Ferguson-Hayes <tracijoyferguson@gmail.com>  
**Sent:** Monday, March 13, 2017 6:55 AM  
**To:** Senate Health and Social Services; John Church  
**Subject:** Support of SB 53

Hello,

My name is Traci Ferguson Hayes and I live in Juneau, AK in Senate District Q. I am writing in support of SB 53.

As a young woman of the age of 30 and as a mom of two children already, I support full access of birth control. My last pregnancy has it's complications and I was told by numerous doctors that if I was to ever get pregnant again, I or the baby would not be able to make it. Personally, it is important to me that I have access to birth control for a long period of time. If I were able to obtain birth control for an entire year, that would benefit myself and my family. It would reduce the risk of getting pregnant again and worrying about not only my life, but the life of an unborn child.

Thank you,  
Traci Ferguson Hayes

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Traci Ferguson Hayes  
(907) 723-7066

"No Matter What Happens, Always Keep Your Childish Innocence"

**Jody Simpson**

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**From:** lauterbacht <lauterbacht@aol.com>  
**Sent:** Monday, March 13, 2017 9:17 AM  
**To:** Senate Health and Social Services  
**Subject:** Supporting SB 53

Dear Senate HSS committee:

I stand in **STRONG SUPPORT** of SB 53. I hold Life, Family, and Health very dear. I can think of no better single avenue to prevent abortions, support loving families, and provide for healthy women than to make contraception more widely available and covered by insurance (and Medicaid) for 12-month prescriptions, as required under SB 53. Thank you for holding a public hearing on it. Please pass it out of committee with resounding "Do Pass" recommendations.

Theresa Lauterbach  
800 F Street, Unit N-6  
Juneau, AK 99801

## **Jody Simpson**

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**From:** Cat Coward <travelncat@gmail.com>  
**Sent:** Saturday, March 11, 2017 10:35 AM  
**To:** Senate Health and Social Services  
**Cc:** Sen. Berta Gardner  
**Subject:** In support of SB 53

Dear Alaska State Legislators,

I'm am writing in support of SB 53, legislation that would require insurance companies to cover one full year of birth control rather than simply one month or quarter.

The necessity of getting to the pharmacy once per month or quarterly, especially when one is working a full time job, has one or more children to take care of, and/or lives rurally, is challenging at best. Birth control functions only when taken consistently and properly and any help that we can give parents to ease their family planning makes sense. It also is better for our economy as it decreases the costs of unintended pregnancy. It is good news that the rate of abortions is decreasing. It is even better news that we can help decrease it even more by allowing parents, and women, the ability to purchase birth control for an entire year, thus eliminating gaps in service when they have to purchase it more often.

Thank you for your support of this bill.

Catherine Coward  
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99507