

**From:** Laura Green  
**Sent:** Monday, February 20, 2017 12:24 PM  
**To:** Rep. Harriet Drummond <[Rep.Harriet.Drummond@akleg.gov](mailto:Rep.Harriet.Drummond@akleg.gov)>  
**Cc:** Rep. Matt Claman <[Rep.Matt.Claman@akleg.gov](mailto:Rep.Matt.Claman@akleg.gov)>  
**Subject:** HB 25 support

I support HB 25 which would require insurance cover 1 year supply of birth control at a time. As a full time working women, I found the 1 month at a time limits imposed by insurance companies for no viable medical reason to be cumbersome and I live here in Anchorage with reliable access to my own means of transportation! I can only imagine the hardship that such a silly restriction places on less fortunate women or those in more rural parts of the State.

Please support HB 25.

Thank you,  
Laura Green  
99503

**From:** Janice Whitton  
**Sent:** Friday, February 24, 2017 2:23 PM  
**To:** Lizzie Kubitz <[Lizzie.Kubitz@akleg.gov](mailto:Lizzie.Kubitz@akleg.gov)>  
**Subject:** Birth control coverage

Dear Congresswoman Lizzie. Kubitz,

I think every woman who desires so, should be allowed birth control coverage. It is as important to a women's welfare as any other prescription drug--considering the consequences of childbirth or unwanted child birth. Thank you for your work. Janice Whitton, Fairbans AK

-----Original Message-----

**From:** mary lee Guthrie  
**Sent:** Sunday, February 26, 2017 5:57 PM  
**To:** Lizzie Kubitz <[Lizzie.Kubitz@akleg.gov](mailto:Lizzie.Kubitz@akleg.gov)>  
**Subject:** HB25

I wish to express my strong support for HB 25. As a mother, stepmother and grandmother, much of my life has been dedicated to kids.

I know access to contraceptives and related reproductive health care is part of the bedrock of healthy, happy family life. Insurance coverage for this basic medical need is reasonable.

I'm conservative and think things that matter the most about families and kids are not something that can be done by government.

But assuring ready access to birth control is something members of our Legislature can choose to do. Or not. You can obstruct access to this necessary, but not sufficient, component to growing solid Alaskan families.

I urge you to choose to vote for HB25.

Thank you.  
Mary Lee Guthrie  
Fairbanks

**From:** Robert Werner  
**Sent:** Friday, February 24, 2017 9:43 PM  
**To:** Rep. Matt Claman <[Rep.Matt.Claman@akleg.gov](mailto:Rep.Matt.Claman@akleg.gov)>  
**Subject:** I support HB-25

24 February 2017

Dear Representative Claman,

I am writing to express my support for HB-25, state legislation that would require insurance companies to cover one year of birth control at a time, instead of month-to-month. The legislature can ensure all women have consistent access to birth control by requiring that insurance cover one-year's supply of birth control at a time, dispensed on-site at the provider's office if available. We all deserve affordable and accessible birth control that works for us, regardless of our income or insurance carrier. Consistent access to birth control gives women the ability to control when and if they have children, giving them more career and education opportunities, healthier pregnancies, and making them less likely to depend on government programs. Today, most women have to refill their birth control every month, which is a burden for many women and leads to inconsistent birth control use.

Thank you for sponsoring the bill.

Sincerely,

Jeanne Schaaf

Anchorage, AK 99516

Cc: Rep. Jennifer Johnston

-----Original Message-----

From: Mary Daniel

Sent: Tuesday, February 28, 2017 2:54 PM

To: Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

Subject: HB-25

My husband and I both support HB 25 dealing with insurance coverage for contraceptives. We believe this will save on welfare programs and pre-school programs. It will reduce the number of unwanted pregnancies, which will reduce the need for abortions or adoptions. There will be fewer children that weren't really wanted and are more likely to not be taken care of properly.

Thank you for considering our opinion of this issue.

Mary Daniel

Seward, AK

**From:** Jeannette O

**Sent:** Tuesday, February 28, 2017 6:31 PM

**To:** househess@akleg.gov; Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

**Subject:** House Bill 25

Dear Representative Claman,

I just heard about the legislation you introduced to expand birth control access in Alaska. I'm writing today to say THANK YOU for your leadership.

I'm the mom of three teenagers who all know where the Planned Parenthood is in Fairbanks. They also know they can ask if they need help and that sexuality is nothing to be ashamed of. I know that all people don't have that kind of support, or access to transportation, or the money to go to the doctor, and that barriers exist for people. Even me, I'm a busy lady, which is why I'm grateful that I was able to get birth control that lasts for 5 years at a time.

Providing a year's supply of birth control at a time is, quite frankly, a genius idea. I didn't grow up in Alaska, I grew up in a suburb in Washington, but even then my birth control pills lapsed from time to time. Thank goodness I never experienced an unintended pregnancy, but I look at the chance to plan my own family as a gift, when in fact it should really be a right.

With all of the upheaval and uncertainty with healthcare and our new administration, Alaska's women deserve this peace of mind. Thank you for your leadership!

Jeannette Okinczyc

Fairbanks, Alaska

99701

**From:** susan bissell  
**Sent:** Tuesday, February 28, 2017 6:32 PM  
**To:** House Health and Social Services <lhsches@akleg.gov>  
**Cc:** Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>  
**Subject:** In support of HB 25 - Thank you, Rep. Claman!

To the Members of the House Health and Social Services Committee:

I am writing in support of Representative Claman's leadership in expanding birth control access in Alaska through HB25/SB23. I believe that expanding birth control access is the most effective tool we have for reducing unwanted pregnancies. HB25 is particularly important for women in rural Alaska, who often cannot refill prescriptions due to transportation, cost, or embarrassment. With perfect use, hormonal birth control has a failure rate of less than 5%. This makes it an extremely effective and cost effective way to prevent unwanted pregnancy. According to a study published in Obstetrics & Gynecology, dispensing a full year's supply at a time reduces the odds of experiencing an unwanted pregnancy by 30% and is associated with a 46% drop in the chance of needing an abortion. It is also cost effective for both public and private insurance plans because it reduces the costs associated with pregnancy tests, prenatal care, and childbirth. By preventing unwanted pregnancies, HB25 also has the potential to reduce the need for government assistance.

Women must have safe, reliable access to birth control in a way that preserves their dignity and self-worth. Women should not have to argue with insurance carriers to receive birth control, or be placed in a position where birth control is not affordable or available. I appreciate your efforts to expand birth control access for women in Alaska, and I fully support you in this endeavor.

Susan Bissell  
Fort Wainwright, AK

**From:** Sara Rikalo Cassidy  
**Sent:** Tuesday, February 28, 2017 6:36 PM  
**To:** House Health and Social Services <lhsches@akleg.gov>  
**Cc:** Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>  
**Subject:** House Bill 25

To the House Health & Social Services,

I write today to express my support for HB 25/SB 53: 12 Months of Birth Control. I would also like to take the opportunity to thank Representative Claman for his leadership and for introducing legislation to expand birth control access in Alaska. Access to a one-year's supply of birth control at a time - on-site if available - would remove barriers to consistent usage and help women avoid unwanted pregnancies.

As a woman who uses birth control and has struggled with consistent access to it in the past, I believe that we all deserve affordable and accessible birth control regardless of our income or insurance carrier. Before moving to Alaska, I was a student at the University of Richmond. My international student health insurance did not cover the cost of birth control and dispensed it monthly; I needed birth control not simply for preventing unwanted pregnancies but for alleviating the symptoms of a medical condition. Once I got married, I switched to TRICARE as my insurance carrier. I was able to receive enough supply for three months at a time, and had to pick it up personally in Fairbanks, Alaska. Considering that I still had two semesters (each four months long), it was impossible for me to maintain my birth control supply until I have permanently relocated to Fairbanks.

Today, most women have to refill their birth control every month, which is a burden for many women, especially in the rural areas of Alaska. Inconsistent access to birth control affects women's ability to plan their pregnancies, which would in turn benefit their career and education opportunities, personal relationships, and health. Further, publicly funded or private insurance plans that dispense a one-year's supply of birth control instead of limiting dispensing to one or three cycles lower their direct costs on follow-up visits and pregnancy tests, as well as long-term unintended pregnancy management.

I appreciate your leadership and hard work regarding this issue, and I look forward to supporting you in your future efforts to resolve it to the benefit of all women in need of birth control.

Respectfully,

Sara Rikalo

**From:**

**Sent:** Tuesday, February 28, 2017 6:44 PM

**To:** House Health and Social Services <lhsches@akleg.gov>

**Cc:** Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

**Subject:** house bill 25

To the House Health & Social Services,

I'm writing today in support of House Bill 25 and bill sponsor Rep. Claman. I want to first thank Representative Claman for introducing legislation to expand birth control access in Alaska. Taking the lead on tackling a problem that many women, like me, face here in Alaska.

I fully support this bill because i'm a hard working woman of Alaska. I work in some of the most remote locations. To take care of myself it requires skillful planning as, "trips to town" can be weather dependent, sporadic, or limited. Providing a years worth of birth control at a time removes a hurdle of summer schedule and allows me to focus on doing the best at my job. Consistent access to birth control is such a simple solution to a huge problem.

I want to thank again Rep. Claman for introducing this and give my fully support of House Bill 25.

Thank you,

- Leigh Strehlow

**From:** Lucas Almonte

**Sent:** Tuesday, February 28, 2017 6:59 PM

**To:** House Health and Social Services <lhsches@akleg.gov>; Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

**Subject:** House Bill 25

Dear Representative Claman,

As a volunteer at Planned Parenthood, I write today to thank you for your leadership and for introducing legislation to expand birth control access in Alaska. As a volunteer at an organization that provides services to thousands of low-income individuals per year, sincere efforts to expand birth control are greatly appreciated.

For years my spouse was afforded the opportunity to receive free health care that goes beyond birth control in itself. I believe every woman should be afforded the opportunity of having full access to birth control. House Bill 25 would remove such barriers and give women more career and education opportunities, encourage healthier pregnancies, and make them less likely to depend on government programs.

Thank you for the courage and strength to stand up for what you believe in and you will have my gratitude and support.

**From:** Amanda Carnes

**Sent:** Tuesday, February 28, 2017 8:47 PM

**To:** House Health and Social Services <lhsches@akleg.gov>

**Cc:** Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

**Subject:** Support for HB 25

Dear House Health and Social Services Committee,

On behalf of Planned Parenthood Votes Northwest and Hawaii, I write today to thank you and Representative Claman for your leadership in introducing legislation to expand birth control access in Alaska. I am a Family Practice physician in Fairbanks, AK, and I have been a supporter of expanded access to contraception since becoming a volunteer for Planned Parenthood as an undergraduate premedical student.

Every day I see women who benefit from the ability to control their fertility to expand their options for education, work, and choice of partner. This allows women to achieve goals and

contribute to society in ways that may be unattainable for them otherwise. This also allows all families to decide when to start childbearing and at what interval to have their children.

I believe that expanded access to contraception with 12 month coverage up front is crucial to enabling women to have correct use of their desired contraceptive. This has been shown to reduce unintended pregnancies and reduce need for abortion, which also reduces need for public dollars to support unintended pregnancies.

Again, thank you for your support. Women across Alaska will benefit from this legislation.

Sincerely,

Amanda Carnes, MD  
Family Medicine Physician  
Fairbanks, AK

**From:** mamie Davis  
**Sent:** Thursday, March 09, 2017 2:12 PM  
**To:** House Health and Social Services <lhsches@akleg.gov>  
**Cc:** Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>  
**Subject:** HB 25 - Please vote YES!

Good afternoon House Health & Social Services Committee,

I first want to thank Senator Claman for sponsoring this bill! I think this is an incredibly important piece of legislation for women in Alaska. Birth control can be quite the inconvenience to a woman's life and requiring women go back to their doctor or pharmacist every three to six months only compounds the inconvenience women feel. The system we have now interrupts women's lives unnecessarily and makes taking jobs with continual travel and living in Alaska's bush communities and villages difficult because women have to think "how will I get my birth control?" It is absurd that our current system PUNISHES women for being responsible and choosing to prevent unwanted pregnancies before they happen. The law should make it easier for women to make the responsible choice.

Also, some people have said that it may not be safe for a woman to take a year's worth of birth control and that limiting birth control amounts would make sure women check back in with their doctor regularly. I 100% disagree. No law/policy should continue that forces women to pay \$200-\$400 to their doctor FOUR times a year just to "check-in" and so that they can get a new prescription. Also, believe it or not, women are far more in tune with their bodies than one might believe, especially when something goes wrong or doesn't feel right. At that point women can choose to go in to talk to their provider and perhaps change the method of birth control.

Of all places in the US, Alaska makes the most sense to provide 12mo of birth control at a time. In a state with the geographical vastness and the remoteness of 90% of the cities in Alaska, requiring women to see their provider several times a year isn't feasible for people in the bush communities. Alaska also has industries that work remotely and requiring women to go back for birth control four times a year jeopardizes women's careers in those fields and prevents women from entering those fields.

The fact that this has to be made into law to allow women greater access to a medication that gives them control over their own lives is absolutely absurd to me and just shows you how much of a patriarchal society we still live in.

Please do the right thing and vote YES!

-Mamie Davis

Fairbanks, Alaska

**From:** Traci Ferguson-Hayes

**Sent:** Monday, March 13, 2017 7:01 AM

**To:** Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>; House Health and Social Services <lhsches@akleg.gov>

**Subject:** Support of HB 25

Hello,

My name is Traci Ferguson Hayes and I live in Juneau, AK in House District 34. I am writing in support of HB 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

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



-----Original Message-----

From: Lou Gagne

Sent: Monday, March 13, 2017 10:15 AM

To: Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

Subject: SB 53

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 proposing the bill and holding a public hearing on it. Please pass it out of committee with resounding "Do Pass" recommendations.

Thank you.

LouAnnGagne'

Douglas, AK 99824

Sent from my iPad

-----Original Message-----

From: Kristina Miller

Sent: Tuesday, March 21, 2017 1:00 PM

To: House Health and Social Services <lhsches@akleg.gov>; Lizzie Kubitz <Lizzie.Kubitz@akleg.gov>

Subject: Support for HB 25

Dear Members of the Committee:

I am writing to express my strong support for Representative Matt Claman's House Bill 25, which would require insurance companies to cover a year supply of birth control at a time. This measure will help avoid unplanned pregnancies by giving women more control and availability of their birth control methods. It will protect those who do not have regular access to pharmacies due to the lack of resources in their town, their finances, or other barriers. Additionally, covering a full year supply of birth control will give women the ability to work, travel for work, or just travel without compromising their choice to protect against unintended pregnancies.

The health and well-being of our state depend on the health and wellbeing of its people. Alaskan women who choose to use contraceptives to prevent pregnancies they are not ready for should be supported. Alaskan women should be encouraged to exercise their right to choose what is right for their bodies and lives. Please support the health, wellbeing, and autonomy of Alaskan women by supporting H.B. 25.

Thank you, Representative Claman.

Sincerely,

Kristina Miller

-----Original Message-----

From: Pam Groves

Sent: Wednesday, April 05, 2017 10:11 AM

To: Rep. Ivy Spohnholz <[Rep.Ivy.Spohnholz@akleg.gov](mailto:Rep.Ivy.Spohnholz@akleg.gov)>; Rep. Bryce Edgmon <[Rep.Bryce.Edgmon@akleg.gov](mailto:Rep.Bryce.Edgmon@akleg.gov)>; Rep. Sam Kito <[Rep.Sam.Kito.III@akleg.gov](mailto:Rep.Sam.Kito.III@akleg.gov)>; Rep. Geran Tarr <[Rep.Geran.Tarr@akleg.gov](mailto:Rep.Geran.Tarr@akleg.gov)>; Rep. David Eastman <[Rep.David.Eastman@akleg.gov](mailto:Rep.David.Eastman@akleg.gov)>; Rep. Jennifer Johnston <[Rep.Jennifer.Johnston@akleg.gov](mailto:Rep.Jennifer.Johnston@akleg.gov)>; Rep. Colleen Sullivan-Leonard <[Rep.Colleen.Sullivan-Leonard@akleg.gov](mailto:Rep.Colleen.Sullivan-Leonard@akleg.gov)>; Rep. Matt Claman <[Rep.Matt.Claman@akleg.gov](mailto:Rep.Matt.Claman@akleg.gov)>; Rep. Dan Saddler <[Rep.Dan.Saddler@akleg.gov](mailto:Rep.Dan.Saddler@akleg.gov)>

Subject: HB25

Dear HHSS Committee Members,

As a concerned Alaskan from Fairbanks, I am writing to request you all vote to pass HB 25 through committee. Access to birth control is an important right for all Alaskan women. Having insurance plans dispensing a year of birth control at a time will help women to use their birth control consistently and avoid unwanted pregnancies which have a high social cost in this state. I sincerely hope you will support this bill so that the entire House can vote on it.

Thanks you for your time.

Sincerely,

Pam Groves