

April 16, 2017

Dear Chairman Foster, Vice Chair Seaton, and members of the House Finance Committee,

I live in Anchorage, House District 24, I represent myself, and I am writing to you to express my support for HB 25, "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 fortunate to be married to a man who was willing to get a vasectomy after we married. Our insurance covered his vasectomy and our insurance would have covered a pregnancy; however, our insurance does not allow more than 3 months-worth of birth control. If my husband had not opted for a vasectomy, I would have visited the doctor's office another 48 times to refill my prescription.

In addition to birth control, I have been on three 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 managed 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  
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907-538-5232

Dear House Finance Committee members:

I'm writing to express my unqualified support for HB25, which stipulates that a woman shall have access to twelve months of contraception regardless of her insurance provider.

Please vote in favor of this legislation, which stipulates sound and proactive public health policy.

Best regards,

Cindy Lelake  
Anchorage

Dear Finance Committee,

I am not able to testify in person on April 17th at the LIO. Please use the email below as part of public testimony. Thank you.

I'm am writing in support of HB 25, 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  
Anchorage, AK