

Phoebe Dolan
Maine Youth Power
LD 163

February 5th, 2025

Representative Mathieson and Senator Bailey and the honorable members of the Joint Standing Committee on Health Coverage, Insurance, and Financial Services

My name is Phoebe Dolan and I am a resident of Belfast, Maine. I represent Maine Youth Power, a youth-led youth movement building power to win human dignity, equity, access and a livable future across rural and suburban Maine.

I am here today in support of LD 163, An Act to Require Health Insurance Coverage for Federally Approved Nonprescription Oral Hormonal Contraceptives and Nonprescription Emergency Contraceptives.

Now is the time for Maine to expand access to contraception, we are looking at a daunting federal landscape with so many social supports at risk.

Maine has an obligation to birthing people to make sure that contraception is easily accessible and available to every individual, taking advantage of insurance Mainer are paying into to receive free hormonal contraception. We need to continue to be a leading state in the fight for individuals getting to make their own decision about how and when they become pregnant.

Not everyone has access to a provider who will prescribe them the birth control they need and LD 163 would make it so those individuals do not have to pay out of pocket for any type of hormonal birth control. Birth control methods, like the Opill, are simple options that should be free of charge like other methods with insurance.

As a young Mainer, I see this expansion of access to insured birth control as a reason to stay in Maine. I see LD 163 as an investment in the future of young people and economic strength. Laws like these make me proud of Maine and all that we are doing to further the dignity of all people.

Today, I urge you to vote ought to pass on LD 163 An Act to Require Health Insurance Coverage for Federally Approved Nonprescription Oral Hormonal Contraceptives and Nonprescription Emergency Contraceptives.

Thank you for reading
Phoebe Dolan