

**Testimony in Support of LD 163**  
**An Act to Require Health Insurance Coverage for Federally Approved**  
**Nonprescription Oral Hormonal Contraceptives and Nonprescription Emergency**  
**Contraceptives**  
***Presented to the Joint Standing Committee on Health Coverage, Insurance &***  
***Financial Services***

February 5, 2025

Senator Bailey, Representative Mathieson and members of the Joint Standing Committee on Health Coverage, Insurance & Financial Services, my name is Mattie Daughtry. I serve as President of the Maine Senate and proudly represent Senate District 23 in the Legislature, which includes Brunswick, Freeport, Harpswell, Pownal, Chebeague Island, and part of Yarmouth. I submit this testimony to express my strong support of LD 163, “An Act to Require Health Insurance Coverage for Federally Approved Nonprescription Oral Hormonal Contraceptives and Nonprescription Emergency Contraceptives.”

Bodily autonomy and the right to privacy are core principles of both the United States and the State of Maine. More and more Americans are having the right to make decisions about their own bodies in their private lives stripped away by a federal government and judicial system that is more interested in controlling people’s bodies than it is in protecting their rights. In Maine, we value the right to choose what happens to one’s body and the personal decisions about whether and when to start a family. LD 163 would further these values by requiring coverage of nonprescription oral hormonal contraceptives and nonprescription emergency contraceptives. It would also ensure that Mainers are aware of the coverage that they are entitled to by requiring insurers to notify their enrollees of the coverage requirements for contraceptives annually.

The Dobbs v. Jackson Supreme Court decision in 2022 set the stage for states across the country to strip women of their right to bodily autonomy and made it clear that women in this country could not count on the government to ensure their continued access to essential medical care, not just with regard to abortion but family planning and reproductive health services more generally. These assumptions about the continued erosion of access to care were correct - the Dobbs decision had a massive impact on all family planning services, with family planning clinics shutting their doors as they continue to face bans on specific types of care and cuts in federal and state funding. This has resulted in more and more people losing access to contraception and wellness care.<sup>1</sup> As the current federal administration has begun its work, the potential for additional federal restrictions on access to contraception is stoking even more fear and anxiety in the population. It was reported this week that American families are stockpiling hormonal birth control and choosing to get long-acting contraceptives to ensure that they have what they need to control their own destiny throughout the next

---

<sup>1</sup> <https://www.nytimes.com/interactive/2023/06/22/us/abortion-clinics-dobbs-roe-wade.html>;  
<https://www.motherjones.com/politics/2024/06/the-first-national-data-on-birth-control-post-dobbs-is-here-and-the-news-is-not-good/>

four years.<sup>2</sup> It is our duty as legislators to do what we can to ensure that Mainers feel secure in their access to essential medications. LD 163 will help to do that.

In the face of these uncertainties and the erosion of access to family planning services and contraceptives more broadly, this expansion in coverage of contraceptives that do not require a prescription will ensure that Mainers do not lose access to these drugs and the freedom and autonomy they represent. I urge you to pass this important bill and further cement Mainers' bodily autonomy and privacy in deciding if starting a family is right for them.

---

<sup>2</sup> <https://abcnews.go.com/Health/patients-stockpiling-birth-control-fears-trump-limit-access/story?id=115854575>