

Kelsey Thompson
Biddeford
LD 163

Dear Committee on Health Coverage, Insurance and Financial Services,

My name is Kelsey Thompson, and I live in Biddeford. I am writing today to ask you to support LD163.

When I was in college, I had two pulmonary embolisms (blood clots in the lungs) due to my birth control, which was a prescribed hormonal oral contraceptive. I was hospitalized and put on a blood thinner for 6 months and was told I could never use hormonal birth control again.

During this time, I wanted to continue to be sexually active, and struggled to find any contraceptives that would be a safe option for me. This is when access to Plan B pills became invaluable. I was still able to practice safe sex with protection, and knew there was an added layer of protection in the form of Plan B.

This bill provides wider access to emergency contraceptives such as the Plan B pills and would make other women like me have more options to have safer reproductive health.

Please support LD163.

Thank you for your time,
Kelsey T.