

Senator Ingwersen, Representative Meyer, and Members of the Committee on Health and Human Services, I'm Kate McPherson, I live in Windham, and I urge you to vote Ought to Pass on LD 143. Family planning care is essential to ensuring individual autonomy, yet too often comes under attack, leaving many Mainers at risk. Healthy individuals create healthy communities, which benefit all of us, and family planning care is a vital component of individual health.

Like many women, I experience menstrual pain, and before I was able to access birth control this pain caused me to miss school and other activities. Not only was I feeling miserable, I was missing out on important educational and recreational opportunities; fortunately, using hormonal contraception relieved the worst of my symptoms. Maine family care providers like Planned Parenthood have been there for me at times when I had no health insurance, to ensure that I could access and afford this medication in addition to other preventative health screenings. As a result, I can take control of my health and subsequently my ability to be a productive and engaged citizen- a right that belongs to all Mainers.

Please vote Ought to Pass on LD 143. Thank you.