

Senator Ingwersen, Representative Meyer, and Honorable Members of the Joint Standing Committee of Health & Human Services, my name is Hannah Lord, and I live in Portland. I am writing to urge you to vote "Ought to Pass" on LD 143 An Act to Improve Women's Health and Economic Security by Funding Family Planning Services.

For a decade, I worked as a full-spectrum doula, accompanying people on their reproductive journeys. I provided emotional, logistical, and spiritual support for people as they navigated pregnancy, abortion, miscarriage, birth, and the post-partum period. Through this work, I saw firsthand the deep impact that access to reproductive health services has on a person's life. Whether it was access to pregnancy testing, birth control methods, STI testing & treatment, or connections to external resources like prenatal care and support for people navigating domestic violence, access to a family planning health center was vital for many of my clients.

But access wasn't always easy. A lack of available appointments and transportation challenges presented huge barriers to many people I worked with, especially clients in rural areas.

In addition to the care work I have done, I have also been a patient of family planning myself. My providers at Maine Family Planning have worked with me to navigate complex health issues. They always met me with compassion, expertise, and flexibility.

I am also a parent. It is extremely important to me that my son be able to access the full range of healthcare to keep himself & his community safe.

I believe all people deserve access to high quality, expert medical care. Family Planning providers are some of the only medical providers willing to see patients regardless of their ability to pay. This makes them essential to the people of Maine, and the health of our state.

For these reasons, and many more, I urge you to vote "Ought to Pass" on LD 143. Thank you for your time.

In appreciation,

Hannah Lord

Old Orchard Beach Maine