



AMERICAN CIVIL LIBERTIES UNION

Maine

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TESTIMONY OF ALICIA REA, ESQ.  
LD 163 – Ought To Pass

**An Act to Require Health Insurance Coverage for Federally Approved Nonprescription Oral Hormonal Contraceptives and Nonprescription Emergency Contraceptives**

Joint Standing Committee on Health Coverage,  
Insurance and Financial Services  
February 5, 2025

Senator Bailey, Representative Mathieson and distinguished members of the Joint Standing Committee on Health Coverage, Insurance and Financial Services, greetings. My name is Alicia Rea, and I am a policy fellow at the ACLU of Maine, a statewide organization committed to advancing and preserving civil liberties guaranteed by the Maine and U.S. Constitutions. On behalf of our members, we urge you to support this bill.

The right to decide if, when, and how to have children is critical to a person's autonomy and ability to participate in the social, economic, and political life, in Maine and beyond. Reproductive autonomy is essential to fulfill the promise of equality and self-determination rooted in our nation's and our state's founding documents and principles. Reproductive autonomy means opportunity: the opportunity to obtain an education, to work, to build a family, to make a good life, and ultimately, the opportunity to live that life as one decides for themselves.

Too often, how much money a person has limits that autonomy and opportunity, but LD 163 would help change that. This bill would update Maine law to require health insurers to cover not only prescription birth control, but also over-the-counter birth control that is safe, effective, and approved by the FDA. This would eliminate the need for a prescription before insurance covers birth control, allowing people who cannot easily access a health care provider to still meet their basic health care needs without financial burden. Increasing access to birth control increases a person's bodily and reproductive autonomy so Maine's people can make the best decisions for themselves and their families. We urge you to vote ought to pass.

Thank you for your time and attention.